



101 CITY HALL PLAZA  
DURHAM NC 27701  
919-560-4355

# Play More

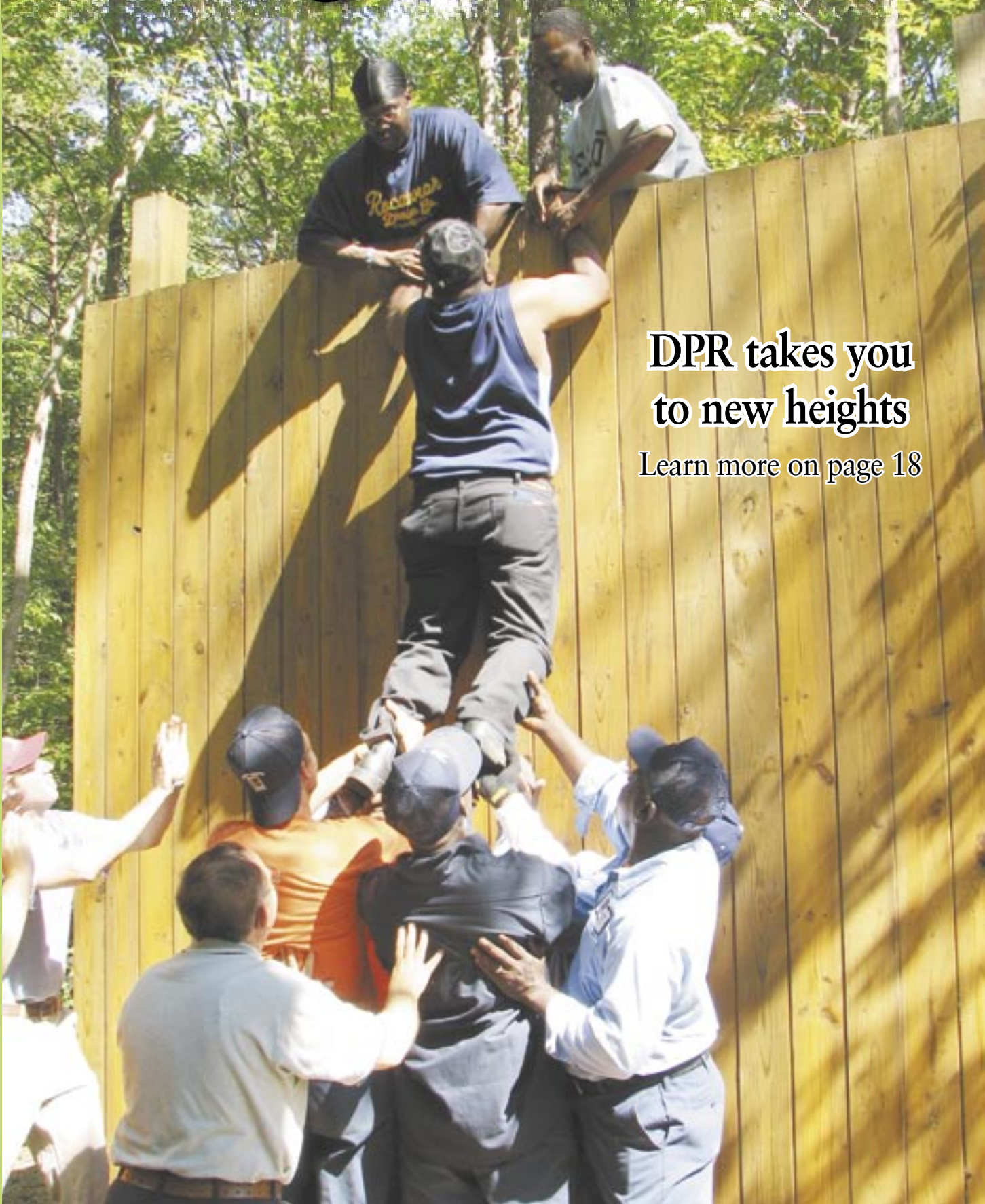
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If you have questions or comments concerning the contents of this program guide or wish to obtain additional copies write the Durham Parks and Recreation Department at 101 City Hall Plaza, Durham, NC 27701 or visit us at 400 Cleveland Street (corner of Roxboro Rd. & Holloway St.). You may also call (919) 560-4355 or visit our website at [www.durhamnc.gov](http://www.durhamnc.gov). Durham Parks and Recreation is An Equal Opportunity, Affirmative Action Organization.

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COMMUNITY PARTNERS



DPR takes you  
to new heights

Learn more on page 18





## GREETINGS FROM DURHAM PARKS & RECREATION INTERIM DIRECTOR

My name is Rhonda Parker, Interim Director of the Durham Parks and Recreation Department. As you may know, former Director Darrell R. Crittendon recently accepted a new director position in Norfolk, Virginia. We are honored to have served with him and specifically proud of the many accomplishments that we made under his watch. We are moving forward with accreditation and are in the process of establishing our new park signage program and much more!

Please know that we will continue to provide you with recreational choices that contribute to your physical, emotional and social well being. With that in mind, we drafted the following mission statement, "DPR provides opportunities for our community to Play More!" When you think of recreation, we want you to think of us!

As you browse through this publication, you will see that we offer balanced programs, events and activities. Whether young or well seasoned (smile) mature, traditional or non-traditional, the needs of one are just as important as those of many. We have developed various programs that we hope you and your family will enjoy. There is something for everyone. There are literally hundreds of ways for you to PLAY MORE!

Be sure to visit one of our 65 parks, participate in events at our recreation centers, exercise at one of our indoor pools, experience our adventure programs or play in one of our many sports leagues. There's no end to what you can do! But most of all have fun doing it! As always, thank you for your continued support!

**Rhonda B. Parker, Interim Director**  
Durham Parks and Recreation

### NOTICE UNDER THE AMERICANS WITH DISABILITIES ACT

The City of Durham will not discriminate against qualified individuals with disabilities on the basis of disability. Anyone who requires an auxiliary aid or service for effective communications, or assistance to participate in a City program, service, or activity, should contact the office of Guillermo Rodriguez, RLA, ADA Coordinator, Voice: 919-560-4197 x237, TTY: 919-560-4809; guillermo.rodriguez@durhamnc.gov, as soon as possible but no later than 48 hours before the scheduled event.



DPR provides opportunities to Play More for all individuals and families, regardless of race, color, religion, sex, national origin or ability level. We strive to make our programs, services and facilities accessible. If you need more information or support, please call us at 560-4355.

## About Play More

**PLAY MORE** is a guide to creative and challenging recreational choices in Durham and is produced by the Durham Parks and Recreation Department. It is a publication produced in partnership with the Herald Sun Custom Publishing Magazine Division in December, May and August.

### 2007 Play More Release Dates

In order to better serve our customers, the Durham Parks and Recreation will publish Play More three times in 2007. We hope that you will take advantage of the many programs, events and activities that we have to offer. Play More will be inserted in the Herald Sun during the release dates listed below. If you don't get a copy of the paper that day, please feel free to call us at (919) 560-4355 and we will mail you a copy.

June-August, 2007

Release Date: Friday, May 18, 2007

September-December 2007

Release Date: Friday, August 17, 2007

Durham Parks and Recreation is an Equal Opportunity, Affirmative Action Organization and provides opportunities to Play More for all individuals and families, regardless of race, color, religion, sex, national origin or ability level.

Please note: Customers and citizens are encouraged to immediately report any injury or illness received as a result of participation in leisure services provided by or at City of Durham Parks and Recreation facilities, parks, and trails. Please call 560-4355, to file an Accident Report.

#### Assistant Director of Administrative Services

Recreation Manager (Grants, Events, Reservations)

Recreation Manager (Athletics)

Parks Supervisor

#### Interim Assistant Director of Recreation Programs

Recreation Manager (Recreation Centers - Aquatics)

Interim Recreation Manager (Recreation Centers)

Recreation Manager (Special Populations/Mature Adults)

#### Assistant Director of Park Education

Recreation Manager (Heritage Parks and City Lakes)

Recreation Manager (Youth Services)

#### Joy Guy

Annette Smith

Tammy Brown

Mac Merritt

Ruben Wall

Malgosia Atkinson

Jeff Forde

Sarah Hogan

Beth Timson

Beth Highley

Kim Oberle

## DURHAM PARKS AND RECREATION SITES AND FACILITIES

### Campus Hills

2000 S. Alston Ave  
560-4444

### E. D. Mickle

1204 Alston Ave  
560-4284

### East Durham

2615 Harvard Ave  
560-4278

### Edison Johnson

600 W. Murray Ave  
560-4270

### Forest Hills

1639 University Drive  
560-4286

### Lyon Park

1309 Halley St  
560-4288

### Morreene Road (Closed for renovations)

1100 Morreene Rd  
560-4405

### T. A. Grady

531 Lakeland Ave  
560-4280

### W. D. Hill

1308 Fayetteville St  
560-4292

### W. I. Patterson

2641 Crest St  
560-4560

### Walltown

1300 W. Club Blvd.  
560-4296

### Weaver Street

3000 Weaver St  
560-4294

### PUBLIC HOUSING SITES

#### Club Boulevard

2415 Glennbrook Dr  
560-4355

#### Hoover Road

1129 Hoover Road  
560-4355

#### Liberty Street

131 Commerce St  
560-4355

### AGE GROUP KEY

Infants – Toddlers (Ages:0-3)

Youth (Ages 5-12)

Teens (Ages 13-17)

Adults (Ages 18-54)

Mature Adults (Ages: 55+)

# Play More At Our Recreation Centers

The Durham Parks and Recreation Department is proud to offer state-of-the-art recreational facilities for Durham citizens. Adults, mature adults, youth, teens and toddlers alike can find positive, enriching and fun activities in a well-maintained and safe environment. All of our centers, whether large or small, offer diverse activities and meet the recreational needs of individuals and families.

COMMUNITY FAMILY LIFE AND RECREATION CENTER AT LYON PARK

1309 Halley Street Phone: (919) 560-4288 Fax: (919) 560-1224

Monday-Thursday (8:30 a.m.-9 p.m.) Friday (8:30 a.m.-11 p.m.) Saturday (8:30 a.m.-6 p.m.) Sunday (1-6 p.m.)

Youth

**Youth Dance Program** Age(s): (5- 12)  
No Cost  
March 7-April 25 (Wednesday)  
5:00 p.m.-6:30 p.m.  
Participants will learn basic dance movements and styles.

Youth & Teens

**City of Durham Jr. Fire Marshal Program**  
Age(s): (11 - 17)  
No Cost  
April 9-April 13 (Monday - Thursday)  
9:00 a.m.-2:00 p.m.  
The City of Durham Junior Fire Marshal program is a hands on fire safety camp for students ages 11 and older interested in careers in the fire service. Classes will focus on career exploration, character building and personal development. Classes Monday through Wednesday will be held from 9am - 2 p.m. and the Thursday class will be from 6 p.m. - 8 p.m..

**Explorer's Afterschool** Age(s): (13-21)  
\$25.00 (CR) \$30.00 (NCR)  
August 25-June 08 (Monday-Friday)  
2:30 p.m.-6:00 p.m.  
An after-school recreational program for youth 13-21 with developmental disabilities. Contact: Kendrick Vann to receive a registration packet at 560-4288, ext 223

**TR and Explorer Fun Days** Age(s): (5 - 21)  
\$20.00 (CR) \$25.00 (NCR)  
November 22 (Wednesday)  
7:30 a.m.-6:00 p.m.  
An after-school recreational program for children 5-21 with developmental disabilities. This program is offered on the following days that Durham Public School (traditional calendar) has student vacation days: Oct. 30, Nov. 10, Nov. 22, Dec. 21 and Dec. 22. Please Contact: Kendrick Vann at 560-4288, ext 223 to receive a registration packet.

**TR and Explorer Fun Days** Age(s): (5 - 21)  
\$20.00 (CR) \$25.00 (NCR)  
August 28-June 8 (Monday - Friday)  
2:30 p.m.-6:00 p.m.  
October 30 (Monday)  
7:30 a.m.-6:00 p.m.  
November 10 (Friday)  
7:30 a.m.-6:00 p.m.  
December 21(Thursday)  
7:30 a.m.-6:00 p.m.  
December 22 (Friday)  
7:30 a.m.-6:00 p.m.  
An after-school recreational program for children 5-21 with developmental disabilities. This program is offered on the following days

that Durham Public School (traditional calendar) has student vacation days: Oct. 30, Nov. 10, Nov. 22, Dec. 21 and Dec. 22. Please Contact: Kendrick Vann at 560-4288, ext 223 to receive a registration packet.

Teens

**Just Dance** Age(s): (13 -17)  
No Cost  
January 8-May 21 (Monday)  
5:30 p.m.-7:30 p.m.  
A high energy hip-hop dance class combining the styles of urban, jazz, swing and tap dance. Participants will also learn about the history of hip-hop culture and music. No Cost

**Encore Modeling** Age(s): (13-17)  
No Cost  
January 9-May 29 (Tuesday)  
5:30 p.m.-7:30 p.m.  
A combination of hip-hop dance, modern moves, routine modeling and runway modeling.

**Modern Moves** Age(s): (13-17)  
No Cost  
January 11-May 24 (Thursday)  
5:30 p.m.-7:30 p.m.  
Modern Dance program.

**Teen Nightflight/Teen Night** Age(s): (13-17)  
No Cost  
January 5-May 30 (Friday)  
7:00 p.m.-11:00 p.m.  
Teen Nightflight program exclusively for teens ages 13-17. It's not just basketball anymore. Guest speakers, game rooms, computer room, other planned activities, and much more.

**Teen Council** Age(s): (13-19)  
No Cost  
January 12-May 11 (Second Friday of every month)  
6:00 p.m.-7:00 p.m.  
Council of teens meet every other Friday to develop educational and recreational programs for teens and their families. Teen Council also provide opportunities for teens to develop leadership and communication skills.

**SHAKE** Age(s): (14-16)  
No Cost  
January 27-March 31 (Saturday)  
10:00 a.m.-12:30 p.m.  
SHAKE (Sisters for Health Awareness through Knowledge and Exercise) is a nutritional and dance program for females ages 14-16. The SHAKE program is designed to enhance participants nutritional knowledge and increase physical activities geared towards improving overall health.

**Project T.E.A.M. (Teach-Empower-Achieve-Motivate)** Age(s): (14-17)  
No Cost  
January 3-May 31 (Monday - Thursday)  
4:00 p.m.-7:00 p.m.  
Project T.E.A.M. (Teach-Empower-Achieve-Motivate) is a program for fifteen (15) teens aged 14 - 17 that will focus upon academic enrichment and life skills in the form of team exercises and community service opportunities. No cost for the program.

Adults

**Free Play Basketball** Age(s): (18 and up)  
No Cost  
January 3-May 30 (Wednesday)  
6:00 p.m.-9:00 p.m.

**Bring It On** Age(s): (18-54)  
No Cost  
January 5-May 18 (1 and 3 Friday of each month)  
7:00 p.m.-10:30 p.m.  
Social evening where adults can come to play board games and cards in a relaxed atmosphere.

Mature Adults

**Mature Adult Fun Day** Age(s): (55 and better)  
No Cost  
March 6 (Tuesday)  
9:30 a.m.-11:30 a.m.  
Opportunity for Mature Adults to socialize and play games.

**Mature Adults Basketball** Age(s): (55 and better)  
No Cost  
January 3-May 30 (Wednesday)  
5:00 p.m.-6:00 p.m.  
DPR offers a free play time for Mature Adults to participant in peer pick up basketball. Contact Kendrick Vann 560-4288, x 233

**Beginning Computer Class** Age(s): (55 and better)  
No Cost  
March 3-April 7 (Saturday)  
10:00 a.m.-12:00 p.m.

**Beginning Piano Class** Age(s): (55 and better)  
No Cost  
January 10-May 23 (Wednesday)  
9:30 a.m.-10:30 a.m.  
Fun program where Mature Adults learn basic piano skills.

**Intermediate Piano Class** Age(s): (55 and better)  
No Cost  
January 11-May 24 (Thursday)  
9:30 a.m.-11:30 a.m.  
Intermediate Piano Class has two sixty minute sessions. This class is for mature adults with advanced piano skills.

**Mature Adult Chorus Class** Age(s): (55 and better)  
No Cost  
January 10-May 23 (Wednesday)  
10:30 a.m.-11:30 a.m.

**Senior Exercise Classes** Age(s): (55 and better)  
No Cost  
January 3-May 30 (Monday, Wednesday)  
11:00 a.m.-11:35 a.m.  
Move your body! Enjoy some low-impact exercises from your chair and a few while standing. Get heart healthy!

**Seniors in Motion - Walking** Age(s): (55 and up)  
No Cost  
January 2-May 31 (Monday thru Friday)  
9:00 a.m.-12:00 p.m.  
Fitness program for mature adults to walk around the track to improve overall health.

General Public

**Lyon Park Advisory Board Meeting**  
Age(s): (16 and up)  
No Cost  
January 11-May 10 (Every Second Thursday of each month)  
7:00 p.m.-8:00 p.m.

**Play More Day** Age(s): (General Public)  
No Cost  
March 10 (Saturday)  
10:00 a.m.-2:00 p.m.  
DPR presents another special family-oriented fun-filled day at one of your Neighborhood Recreation Centers. "Healthy Recreation building Healthy Lives" is the theme with activities geared to get the heart "pumping" and blood "racing" toward a healthier lifestyle. Featuring information on health issues, nutritious snacks, music and lucky ticket drawings and give-aways.

**Eclipse Winter Performance** Age(s): (General Public)  
\$5.00 (CR) \$5.00 (NCR)  
February 17 (Saturday)  
7:00 p.m.-9:00 p.m.  
Eclipse annual winter performance for all ages. This performance will display dance, acting and modeling. This is a performance you don't want to miss.

**PAC III Meeting**  
No Cost  
January 13-May 10 (Second Saturday of each month)  
10:00 a.m.-12:00 p.m.  
Citizens who live in PAC III area are invited to attend.



## EDISON JOHNSON RECREATION CENTER

600 West Murray Ave. Phone: (919) 560-4270

Monday-Friday (8 a.m.-9 p.m.) Saturday (8 a.m.-6 p.m.) Sunday (1-6 p.m.)

### Preschool

**Tiny Tots Ballet** Age(s): (3-4)  
\$35.00 (CR) \$43.75 (NCR)  
January 20-February 24 (Saturday)  
10:00 a.m.-10:45 a.m.  
March 10-April 14 (Saturday)  
10:00 a.m.-10:45 a.m.  
April 28-June 2 (Saturday)  
10:00 a.m.-10:45 a.m.

This class offers creative movement exercises and introduces ballet to the little ones!

**Art-a-la-Carte** Age(s): (3-5)  
\$30.00 (CR) \$37.50 (NCR)  
January 17-February 21 (Wednesday)  
9:30 a.m.-10:15 a.m.  
March 7-April 11 (Wednesday)  
9:30 a.m.-10:15 a.m.  
April 25-May 30 (Wednesday)  
9:30 a.m.-10:15 a.m.  
Fun-filled art projects for preschoolers, including clay work, painting and special holiday activities.

**Kid Fit** Age(s): (3-5)  
\$25.00 (CR) \$31.25 (NCR)  
January 16-February 20 (Tuesday)  
11:00 a.m.-11:45 a.m.  
March 6-April 10 (Tuesday)  
11:00 a.m.-11:45 a.m.  
April 24-May 29 (Tuesday)  
11:00 a.m.-11:45 a.m.  
Participants are introduced to sports, games and exercises in this class designed especially for preschoolers.

**Pee Wee Judo** Age(s): (3-5)  
\$30.00 (CR) \$37.50 (NCR)  
January 22-February 26 (Monday and/or Thursday)  
5:45 p.m.-6:30 p.m.  
March 5-April 12 (Monday and/or Thursday)  
5:45 p.m.-6:30 p.m.  
April 23-June 4 (Monday and/or Thursday)  
5:45 p.m.-6:30 p.m.  
This program breaks down the fundamentals of Judo into simple and fun lessons. These lessons help build hand-eye coordination, balance, and physical endurance. Participants may sign up for one or two days a week. The price for two days a week is \$45.00 for City Resident and \$56.25 for Non City Resident. \*No Class Monday May 28, 2007

**Kinder Ballet** Age(s): (5-6)  
\$35.00 (CR) \$43.75 (NCR)  
January 20-February 24 (Saturday)  
11:00 a.m.-11:45 a.m.  
March 10-April 14 (Saturday)  
11:00 a.m.-11:45 a.m.  
April 28-June 2 (Saturday)  
11:00 a.m.-11:45 a.m.  
Basic ballet techniques and dance combinations are taught in this fun class!

### Youth

**Afterschool Program** Age(s): (5-12)  
Please see page 17

**Intersession Camp** Age(s): (5-12)  
\$72.00 (CR) \$80.00 (NCR)  
January 2-January 5 (Tuesday-Friday)  
April 2-April 5 (Monday-Thursday)  
7:30 a.m.-6:00 p.m.  
\$90.00 (CR) \$100.00 (NCR)

March 12-March 16 (Monday-Friday)  
April 9-April 13 (Monday-Friday)  
7:30 a.m.-6:00 p.m.  
Participants will be involved in structured activities such as sports and games, swimming, dance and much more! Participants are required to bring a lunch and two snacks. \*A sliding fee scale applies to this program. Call 560-4355 for more information.\*

**Fun Day Camp** Age(s): (5-12)  
\$20.00 (CR) \$25.00 (NCR)  
January 22 (Monday) 7:30 a.m.-6:00 p.m.  
February 19 (Monday) 7:30 a.m.-6:00 p.m.  
March 26 (Monday) 7:30 a.m.-6:00 p.m.  
Registration will be taken on a daily basis until Fun Day Camp is full. Activities include sports and games, swimming, dance, etc. Participants are required to bring a lunch and two snacks. \*A sliding fee scale applies to this program. Call 560-4355 for more information.\*

### Youth

**Friday Fun Nights** Age(s): (5-12)  
\$5.00 (CR) \$5.00 (NCR)  
January 17-May 18 (Friday)  
6:00 p.m.-9:00 p.m.  
Friday Fun Nights are inclusive opportunities for children with and without disabilities to play together. These are held on the third Friday of every month January 14, February 16, March 16, April 20, May 18) Contact Kristen Randall 560-1301.

**Parent and Child Clay Creations** Age(s): (6-12)  
\$38.00 (CR) \$47.50 (NCR)  
January 20-February 24 (Saturday)  
12:30 p.m.-1:30 p.m.  
March 10-April 14 (Saturday)  
12:30 p.m.-1:30 p.m.  
April 28-June 2 (Saturday)  
12:30 p.m.-1:30 p.m.  
Working together, parent and child will express themselves through clay! \*Note: Currently enrolled students may also attend "open studio" on Mondays, 6:00 p.m.-9:00 p.m. free of charge.

**Youth Judo** Age(s): (6-12)  
\$35.00 (CR) \$43.75 (NCR)  
January 22-February 26 (Monday and/or Thursday and/or Saturday)  
6:30 p.m.-7:30 p.m.  
March 5-April 14 (Monday and/or Thursday and/or Saturday)  
6:30 p.m.-7:30 p.m.  
April 23-June 4 (Monday and/or Thursday and/or Saturday)  
6:30 p.m.-7:30 p.m. \*No class on Monday, May 28, 2007\*  
This program instructs students in grappling and throwing techniques with both practical and competitive applications. Participants may sign up for one, two or three days a week. The price for two days a week is \$50.00 for City Resident and \$62.50 for Non City Resident. The price for three days a week is \$65.00 for City Resident and \$81.25 for Non City Resident. The Saturday class time is from 10:00 a.m.-11:00 a.m.  
\*No Class Monday May 28, 2007\*

**Youth Ballet** Age(s): (7-12)  
\$35.00 (CR) \$43.75 (NCR)  
January 20-February 24 (Saturday)  
12:00 p.m.-1:00 p.m.

March 10-April 14 (Saturday)  
12:00 p.m.-1:00 p.m.  
April 28-June 2 (Saturday)  
12:00 p.m.-1:00 p.m.  
Children in this class learn beginner and intermediate skills in the art of ballet.

**Youth Clay Creations** Age(s): (8-12)  
\$56.00 (CR) \$70.00 (NCR)  
January 17-February 21 (Wednesday)  
4:30 p.m.-6:00 p.m.  
March 7-April 11 (Wednesday)  
4:30 p.m.-6:00 p.m.  
April 25-May 30 (Wednesday)  
4:30 p.m.-6:00 p.m.  
Participants will create original artwork in clay.

### Youth & Teens

**Young Champions Self-Defense/Karate** Age(s): (4-14)  
\$6.00 (CR) \$6.00 (NCR)/per class  
February 6-May 8 (Tuesday) 5:30 p.m.-8:30 p.m.  
This fun course emphasizes child safety awareness and promotes self-discipline rather than aggressiveness. A certified black belt will instruct various techniques for self defense and karate. Class times will be assigned at registration. For more information, please call 919-779-0328.

**Young Champions Cheerleading** Age(s): (4-14)  
\$6.00 (CR) \$6.00 (NCR)/per class  
January 29-May 7 (Monday)  
5:30 p.m.-8:30 p.m.  
Students will learn the fundamentals of pom and cheerleading, dance and parade routines, cheers, chants, leaps and jumps. The program promotes coordination, confidence, competitive spirit, and physical fitness. Class times will be assigned at registration. For more information, please call 919-779-0328.

**Clicks and Tricks** Age(s): (8-15)  
\$20.00 (CR) \$25.00 (NCR)  
February 12-February 28 (Monday and Wednesday)  
6:00 p.m.-7:30 p.m.  
Come learn and have fun on the computer. Kid-friendly Microsoft Concepts will be taught along with games and supervised internet usage. This class serves as an introduction to computers or as a means to reinforce computer concepts taught in school.

### Teens

**Teen Nite** Age(s): (13-17)  
No Cost  
January 12 (Friday) 7:00 p.m.-10:00 p.m.  
January 26 (Friday) 7:00 p.m.-10:00 p.m.  
February 9 (Friday) 7:00 p.m.-10:00 p.m.  
February 23 (Friday) 7:00 p.m.-10:00 p.m.  
March 9 (Friday) 7:00 p.m.-10:00 p.m.  
March 23 (Friday) 7:00 p.m.-10:00 p.m.  
April 13 (Friday) 7:00 p.m.-10:00 p.m.  
April 27 (Friday) 7:00 p.m.-10:00 p.m.  
Teens have the opportunity to socialize, dance to live DJ music, play basketball and enjoy snacks.

**Hip Hop Dance** Age(s): (13-18)  
\$30.00 (CR) \$37.50 (NCR)  
January 19-February 23 (Friday)  
7:00 p.m.-8:00 p.m.  
March 9-April 20 (Friday) 7:00 p.m.-8:00 p.m.  
April 27-June 1 (Friday) 7:00 p.m.-8:00 p.m.

A physically motivated class which focuses on hip hop technique, choreography and movement to popular hit songs. \*No class on Friday, April 6, 2007\*

### Teens to Adult

**Adult Judo** Age(s): (13 and up)  
\$39.00 (CR) \$48.75 (NCR)  
January 22-February 26 (Monday and/or Thursday and/or Saturday)  
7:30 p.m.-8:30 p.m.  
March 5-April 14 (Monday and/or Thursday and/or Saturday)  
7:30 p.m.-8:30 p.m.  
April 23-June 4 (Monday and/or Thursday and/or Saturday)  
7:30 p.m.-8:30 p.m.  
This program teaches advanced throwing and age-restricted grappling techniques with a focus on self-defense. Students have the option of competing in tournaments. Participants may sign up for one, two or three days a week. The price for two days a week is \$54.00 for City Resident and \$67.50 for Non City Resident. The price for three days a week is \$69.00 for City Resident and \$86.25 for Non City Resident. The Saturday class is from 10:00 a.m.-11:00 a.m. \*No Class Monday May 28, 2007\*

**Computer Techniques** Age(s): (16 and up)  
\$20.00 (CR) \$25.00 (NCR)  
April 9-April 25 (Monday and Wednesday)  
6:00 p.m.-7:30 p.m.  
This class serves as a beginner course or refresher for those familiar with computers. Basic computer concepts will be taught (including the Microsoft Office Suite). This class will help you to keep your knowledge and skills fresh in this Technology Age.

**Open Court Racquetball** Age(s): (16 and up)  
\$6.00 (CR) \$7.50 (NCR)  
January 2-May 31 (Sunday-Saturday)  
Reserve a court today! Courts are available Monday-Friday from 8:00-9:00 p.m., Saturday from 8:00 a.m. - 6:00 p.m., and Sunday from 1:00 p.m.-6:00 p.m. Ask about our Racquetball Extended Use Cards!

### Adults

**Adult Pottery** Age(s): (18 and up)  
\$75.00 (CR) \$93.75 (NCR)  
January 16-February 20 (Tuesday)  
7:00 p.m.-9:00 p.m.  
March 6-April 10 (Tuesday)  
7:00 p.m.-9:00 p.m.  
April 24-May 29 (Tuesday)  
7:00 p.m.-9:00 p.m.  
The participant will make creative pieces of artwork on the potter's wheel.

**Yoga** Age(s): (18 and up)  
\$30.00 (CR) \$37.50 (NCR)  
January 17-February 21 (Wednesday)  
7:00 p.m.-8:00 p.m.  
March 7-April 11 (Wednesday)  
7:00 p.m.-8:00 p.m.  
April 25-May 30 (Wednesday)  
7:00 p.m.-8:00 p.m.  
Yoga is a popular form of exercise which offers both physical and mental benefits.

**Adult Aerobics** Age(s): (18 and up)  
\$30.00 (CR) \$37.50 (NCR)

January 18-February 22 (Thursday)  
7:00 p.m.-8:00 p.m.  
March 8-April 12 (Thursday)  
7:00 p.m.-8:00 p.m.  
April 26-May 31 (Thursday)  
7:00 p.m.-8:00 p.m.  
This program can help you to keep that New Year’s resolution to get fit! This fun exercise class is designed for persons of all fitness levels. It will help you to control your weight and improve your cardiovascular endurance, flexibility, and strength. What are you waiting for? Sign up and get on track for a healthier you in 2007!

**Beginner Tai Chi** Age(s): (18 and up)  
\$39.00 (CR) \$48.75 (NCR)  
January 17-February 21 (Wednesday)  
7:00 p.m.-8:00 p.m.  
March 7-April 11 (Wednesday)  
7:00 p.m.-8:00 p.m.  
April 25-May 30 (Wednesday)  
7:00 p.m.-8:00 p.m.  
Begin to regain the “quiet” inside yourself as you learn the basic moves of an ancient Chinese art. Focus will be on relaxation and stress reduction in modern life.

**Advanced Tai Chi** Age(s): (18 and up)  
\$39.00 (CR) \$48.75 (NCR)  
January 17-February 21 (Wednesday)  
8:00 p.m.-9:00 p.m.  
March 7-April 11 (Wednesday)  
8:00 p.m.-9:00 p.m.  
April 25-May 30 (Wednesday)  
8:00 p.m.-9:00 p.m.  
Continue learning moves and refining your practice as we examine our mind-body connection for increased energy, vitality, and a greater sense of well-being.

**Freeplay Basketball** Age(s): (18 and up)  
No Cost  
January 3-May 30 (Monday, Wednesday and Friday)  
10:30 a.m.-12:30 p.m.  
Participants play recreational basketball games and enjoy socializing. Must have a valid ID in order to participate.

**Freeplay Volleyball** Age(s): (18 and up)  
No Cost  
January 7-May 27 (Sunday)  
2:00 p.m.-4:00 p.m.  
Participants have the opportunity to play recreational volleyball games. \*Times subject to change based on facility schedule.\*

**Pottery Studio Pass** Age(s): (18 and up)  
\$50.00 (CR) \$62.50 (NCR)  
January 22-May 25 (Monday and Friday)  
6:00 p.m.-9:00 p.m.  
“Open Studio” passes are available for persons who have taken adult pottery classes at Edison Johnson. Passes are valid for six months and may be purchased at any time. Activities during open studio times are self-guided. Participants must provide their own clay and additional fees are charged for glazes and firing.

## Adults to Mature Adults

**Folk Dance** Age(s): (18 and up)  
No Cost  
January 7-May 27 (Sunday)  
2:00 p.m.-5:00 p.m.  
This program teaches international dances with partners. Participants learn various dances including the waltz, swing, Scandinavian and Hungarian dances. Bringing a partner is helpful, but not required. Interested participants should call Bruce Emery at 919-834-2031.

**ARC Dances** Age(s): (18 and up)  
No Cost  
January 20-May 19 (Saturday)  
7:00 p.m.-9:00 p.m.  
Monthly dances for persons with developmental disabilities, their families and friends January 20, February 17, March 17, April 21, May 19. A \$2.00 contribution to the Arc of Durham is requested. Contact the Arc at 493-8141 or Kristen Randall at 560-1301.

## Mature Adults

**Beginner Computer Class** Age(s): (55 and up)  
\$25.00 (CR) \$31.25 (NCR)  
January 22-February 26 (Monday and Wednesday)

10:00 a.m.-11:30 a.m.  
March 5-April 11 (Monday and Wednesday)  
10:00 a.m.-11:30 a.m.  
April 23-June 4 (Monday and Wednesday)  
10:00 a.m.-11:30 a.m.  
Welcome to the world of computers! In this introductory course, students will learn basic computer skills and concepts. This course is a great place to start if you have never used a computer or you are looking for a refresher.  
\*No Class Monday May 28, 2007\*

**Intermediate Computer Class** Age(s): (55 and up)  
\$25.00 (CR) \$31.25 (NCR)  
January 16-February 22 (Tuesday and Thursday)  
10:00 a.m.-11:30 a.m.  
March 6-April 12 (Tuesday and Thursday)  
10:00 a.m.-11:30 a.m.  
April 24-May 31 (Tuesday and Thursday)  
10:00 a.m.-11:30 a.m.  
If you want to further your knowledge of Microsoft applications, this is the course! This class will give you a better understanding of computer concepts and techniques.

**Sunshine Garden Group** Age(s): (55 and up)  
No Cost  
March 2-May 25 (Friday)  
10:00 a.m.-11:00 a.m.  
Plan and implement beautification projects for grounds of Edison Johnson Recreation Center. Garden activities, guest speakers, trips and more!  
\*This group meets the second and fourth Friday of the month\*

**“Senior Striders” Weekly Walking Club**  
Age(s): (55 and up)  
No Cost  
January 16-May 31 (Tuesday and Thursday)  
9:15 a.m.-10:00 a.m.  
This walking program provides an easy and fun way to improve your health and fitness. A guide will lead the walks which will take place either indoors (gymnasium) or outdoors, depending on the weather. You will make new friends and embrace a healthier lifestyle! Join us twice a week!  
\*Note: The Senior Center opens at 10:00 a.m., after the walking program.

**Western Square Dance** Age(s): (55 and up)  
Monthly dues  
January 2-May 29 (Tuesday)  
9:00 a.m.-11:00 a.m.  
The class offers basic square and line dancing for Mature Adults. Bringing a partner is helpful, but not necessary, so join the fun!

**Bridge** Age(s): (55 and up)  
No Cost  
January 4-May 31 (Thursday)  
12:00 p.m.-3:00 p.m.  
This group consists of Mature Adults that enjoy bridge and the fellowship that is offered. Stop by and enjoy the fun!

**Fit-n-Fun for Seniors** Age(s): (55 and up)  
No Cost  
January 3-May 30 (Monday, Wednesday and Friday)  
9:00 a.m.-9:50 a.m.  
This group exercise program is designed to improve your overall health and fitness. Classes include aerobic conditioning and strength training. All classes are taught to music.

**Council for Senior Citizens Center** Age(s): (55 and up)  
No Cost  
January 2-May 31 (Monday-Friday)  
10:00 a.m.-2:00 p.m.  
This is a time to socialize, play bingo, listen to guest speakers and much more. Join us for a nutritious lunch. Donation appreciated.

## General Public

**Community Day** Age(s): (All ages)  
No Cost  
April 28 (Saturday)  
11:00 a.m.-2:00 p.m.  
This special event offers fun activities and entertainment for persons of all ages. Bring your whole family and experience your Neighborhood Community Center.

## IRWIN R. HOLMES, SR. RECREATION CENTER AT CAMPUS HILLS

2000 South Alston Ave • Phone: (919) 560-4444

Monday-Thursday (6 a.m.-9 p.m.) Friday (6 a.m.-8 p.m.) Saturday (8 a.m.-6 p.m.) Sunday (1-6 p.m.)

## Toddlers/Preschool

**Total Tot Time** Age(s): (1-5)  
No Cost  
January 8-May 30 (Monday, Wednesday)  
10:15 a.m.-11:15 a.m.  
Come and play with your children in the gym. The emphasis of this program is placed on socialization with parent and child as well as socializing with other 2-5 year olds. Play with a parachute, shoot at our mini hoop, jump rope, bowl, or just play tag. \*During Intersession and Fun Days, Total Tot Time will be canceled

**Basic Dance Movement** Age(s): (2-5)  
\$35.00 (CR) \$43.75 (NCR)  
January 4-February 26 (Tuesday)  
5:30 p.m.-6:15 p.m.  
March 6-April 24 (Tuesday)  
5:30 p.m.-6:15 p.m.  
In these classes we will look each child’s personality and self expression through controlled movements.

## Preschool

**Shorty Sporty Soccer** Age(s): (3-5 years old)  
\$25.00 (CR) \$31.25 (NCR)  
March 1-March 29 (Thursday)  
3:15 p.m.-4:00 p.m.  
April 14-May 19 (Saturday) 9:15 a.m.-10:00 a.m.  
Develop your soccer and social skills in a fun learning environment. This class is designed to get your child familiar with soccer as well as the idea of teamwork while having fun!\* No class will be held on Saturday, April 28.

**Shorty Sporty Tumbling** Age(s): (3-5 years old)  
\$25.00 (CR) \$31.25 (NCR)  
March 1-March 29 (Thursday)  
6:30 p.m.-7:15 p.m.  
May 3-May 31 (Thursday) 6:30 p.m.-7:15 p.m.  
This class provides a cheerful and positive atmosphere, while children learn basic dance techniques and tumbling skills. Classes are specifically designed to develop motor skills, body awareness and self awareness and self esteem.

**Shorty Sporty “All-Stars”** Age(s): (3-5 years old)  
\$25.00 (CR) \$31.25 (NCR)  
March 6-April 3 (Tuesday)  
3:15 p.m.-4:00 p.m.  
April 14-May 19 (Saturday)  
10:15 a.m.-11:00 a.m.  
Want to try several sports? Shorty Sporty “All-Stars” lets you experience four different games. Sports could include baseball, soccer, basketball, football or many others.

## Youth

**Afterschool Program** Age(s): (5-12 years old)  
Please see page 17

**Cheer America Cheerleading** Age(s): (4-7)  
\$6.00 (CR) \$6.00 (NCR)  
February 9-May 11 (Friday) 5:30 p.m.-6:30 p.m.  
Students in the cheerleading program develop leadership skills and a competitive spirit. The students are also taught basic social skills to

include respect for their parents, teachers and are rewarded for improving grades in school. This is a 13-week session.  
\*Registration is held by Cheer-America on Friday February 2nd 5:30-6:30 for ages 4-7 & 6:30 - 7:30 for ages 8 and older. There is a \$6.00 registration fee.

**Cheer America HIP HOP/ DANCE** Age(s): (4-7)  
\$6.00 (CR) \$6.00 (NCR)  
February 3-May 12 (Saturday) 2:00 p.m.-3:30 p.m.  
Its time to break it down and kick it into high gear with this fun and explosive Hip Hop class  
Registration is handled by Cheer America on: Saturday, February 3rd 2:00 – 2:45 for ages 4 – 7 & 2:45 – 3:30 for ages 8 and older

**Fun Days** Age(s): (5-12)  
\$20.00 (CR) \$25.00 (NCR)  
January 2 (Tuesday) 7:30 a.m.-6:00 p.m.  
January 22 (Monday) 7:30 a.m.-6:00 p.m.  
February 19 (Monday) 7:30 a.m.-6:00 p.m.  
March 26 (Monday) 7:30 a.m.-6:00 p.m.



Kids out of school for the day? No problem! Come and let your kids enjoy a fun-filled day with the friendly staff of I.R. Holmes Recreation Center. We will play games, go swimming, and make many cool crafts. Registration will be taken on a daily basis until Fun Day Camp is full. Activities include sports and games, swimming, dance, etc. Participants are required to bring a lunch and snack.

**Intersession** Age(s): (6-12)  
\$90.00 (CR) \$100.00 (NCR)  
January 2-January 5 (Tuesday-Friday)  
7:30 a.m.-6:00 p.m.  
March 12-March 16 (Monday-Friday)  
7:30 a.m.-6:00 p.m.  
April 2-April 5 (Monday-Thursday)  
7:30 a.m.-6:00 p.m.  
April 9-April 13 (Monday-Friday)  
7:30 a.m.-6:00 p.m.  
Kids out of school for the intersession break?  
No problem! Come and let your kids enjoy fun-filled days with the friendly staff of I.R. Holmes Recreation Center. We will play games, go swimming, and make many cool crafts.

**Ballet and Modern Dance** Age(s): (6-12)  
\$35.00 (CR) \$43.75 (NCR)  
January 6-February 28 (Thursday)  
5:30 p.m.-6:15 p.m.  
March 1-April 26 (Thursday)  
5:30 p.m.-6:15 p.m.  
In these classes we will look each child's personality and self expression through controlled movements.

## Youth & Teens

**Cheer America Cheerleading** Age(s): (8 +)  
\$6.00 (CR) \$6.00 (NCR) Every session  
February 9-May 11 (Friday)  
6:30 p.m.-7:30 p.m.  
Students in the cheerleading program develop leadership skills and a competitive spirit. The students are also taught basic social skills to include respect for their parents, teachers and are rewarded for improving grades in school. This is a 13-week session.  
\*Registration is held by Cheer-America on Friday  
February 2nd 5:30-6:30 for ages 4-7 & 6:30 - 7:30 for ages 8 and older.

**Cheer America HIP HOP/ DANCE**  
Age(s): (8 and older)  
\$6.00 (CR) \$6.00 (NCR)  
February 3-May 12 (Saturday)  
2:00 p.m.-3:30 p.m.  
Its time to break it down and kick it into high gear with this fun and explosive Hip Hop class  
Registration is handled by Cheer America on:  
Saturday, February 3rd 2:00 – 2:45 for ages 4 – 7 & 2:45 – 3:30 for ages 8 and older.

**Open Gym** Age(s): (17 and younger)  
No Cost  
January 1-May 30 (Monday, Wednesday, Friday)  
2:00 p.m.-4:00 p.m.  
January 7-May 27 (Sunday)  
2:00 p.m.-4:00 p.m.  
Think you got game? Bring your skills to our court! Players must bring a valid school ID in order to participate or signed in by adult. Parent or adult must accompany 10 years and younger.

**Tae Kwon Do** Age(s): (7 - 17 years)  
\$35.00 (CR) \$43.75 (NCR)  
January 3-May 30 (Monday, Wednesday)  
6:30 p.m.-7:30 p.m.

This is a complete martial arts program for boys and girls. Your child is sure to find the class fun and exciting. In addition to learning important self-defense skills, your child will develop respect, self-discipline and confidence as well as physical fitness through controlled movements. \* New session starts at the beginning of each month.

## Teens

**Teen Night** Age(s): (12-17)  
January 5-May 18 (Friday) 8:00 p.m.-11:00 p.m.  
Tired of having nothing to do on Friday nights? Are you looking for a safe and relaxing environment to hang out with other teens in? Then come on over to Campus Hills and enjoy our Internet Café, Playstation Tournaments, Hip Hop Battles, Basketball and SO much more! \* Teen night is held the first and third Fridays of the month. January 5 and 19, February 2, March 2 and 16, April 6 and 20, May 4 and 18.

**Hip-Hop Dance 101** Age(s): (13-17)  
\$20.00 (CR) \$25.00 (NCR)  
January 2-February 22 (Tuesday, Thursday)  
6:30 p.m.-7:30 p.m.  
March 6-April 26 (Tuesday, Thursday)  
6:30 p.m.-7:30 p.m.  
This class will allow participants to express themselves and experiment with new moves through the art of hip-hop and R&B. Learn the origin, history, and the latest styles of this high-energy phenomenon while listening to your favorite hip-hop artists.

**Open Computer Lab** Age(s): (13-17)  
No Cost  
January 3-May 31 (Tuesday, Thursday)  
5:30 p.m.-7:00 p.m.  
Come in and take advantage of our computer lab. Access to Internet, Microsoft Office, and printing will be available. It's a wonderful opportunity to email your friends or work on homework.

**Ball Hog's 3 on 3 Basketball Madness Tournament**  
Age(s): (13-17)  
\$15.00 (CR) \$20.00 (NCR)  
March 4-March 4 (Sunday)  
2:00 p.m.-6:00 p.m.  
Think you got skills? Come prove it! Ball till you fall in our 3 on 3 tournament. You will also have the opportunity to be the Free Throw / 3 Point Contest Champion and win some medals!  
\*Registration Dead Line is February 23.

**Campus 2 Campus Information Session**  
Age(s): (16 to High School Seniors)  
No Cost  
January 13 (Saturday) 10:00 a.m.-11:00 a.m.  
Starting to think about college? Come out and learn about some of the many choices that await you. Our information session will provide you with background information about schools and allow you to make request for future tours.

**Campus 2 Campus College Tours**  
Age(s): (Age s): 16 to High School Seniors)  
No Cost  
February 19-April 13 (Monday)  
Campus Tours (Piedmont North Carolina Colleges & Universities) Registration deadline: February 14, 2006  
March 26 (Tuesday) Campus Tours (Eastern North Carolina Colleges & Universities)  
Registration deadline: March 21, 2006  
April 9-13 (Monday-Friday) Campus Tours (Central North Carolina Colleges & Universities)  
Registration deadline: April 2, 2006  
\*Times will vary based on tours that are arranged for the above dates. This program is designed

to help students and parents make important decisions about attending colleges and universities. We will take the students to visit schools across North Carolina during their time out of High School.

**Campus 2 Campus Student Tailgate**  
Age(s): (16 to High School Seniors)  
No Cost  
May 18 (Friday) 6:00 p.m.-8:00 p.m.  
Have you made your final choice? Well its time to show some school spirit! All Participants from the year can celebrate the achievements and choices they have made from participating in the program and enjoy some good food! We look forward to hearing how you used the information from this year's program.

## Teens to Adult

**Aerobics** Age(s): (16 and older)  
\$25.00 (CR) \$35.00 (NCR)  
January 4-May 31 (Monday-Thursday, Saturday)  
6:15 p.m.-7:30 p.m.  
Tone and sculpt your body in these high energy, low impact routine fitness classes. Class available on Saturday mornings from 8:30 a.m. to 9:30 a.m. Walk in's are welcomed.

**Beepball** Age(s): (14 and older)  
No Cost  
April 10-July 31 (Tuesday)  
6:00 p.m.-8:00 p.m.  
Competitive softball for individuals with various levels of vision impairment. Join the Durham Sluggers - 2006 NC/SC Beepball Champions! Volunteers are welcome. Games are on Saturdays in June and July. Play will wrap up as the Sluggers defend their tournament championship in late July. Contact Whitney Watts at 560-4292 or Whitney. Watts@durhamnc.gov for more information.

**Triathlon Club** Age(s): (16 years and older)  
No Cost  
March 13 (Tuesday) 7:30 p.m.-8:30 p.m.  
Interested in being in a Triathlon, or are you already a competitor? Come to I. R. Holmes Sr. Recreation Center to find other individuals in the community wanting to train. This club is geared towards individuals who wish to have others to train with. This meeting will serve as a start point for individuals to set up training dates with triathletes. In addition, guest speakers will be brought in for members of the club throughout the spring to discuss triathlon related topics. Please contact Lizzie Burrill at 560-4444 for more information.

**Power Soccer** Age(s): (8 and older)  
No Cost  
January 9-May 29 (Tuesday) 4:00 p.m.-5:30 p.m.  
This action-packed team sport for people who use electric wheelchairs is full of speed and power. The Carolina Cruisers power soccer team provides an opportunity for individuals to play hard and enjoy an action-packed, competitive challenge. Do you have the spirit of an athlete and the will to win? Get ready to attack, defend, maneuver, and score points on goal...all while building teamwork, communication, perseverance and good sportsmanship! Contact Whitney Watts at 560-4292 or Whitney. Watts@durhamnc.gov for more information.

## Adults

**Aerobics** Age(s): (16 and up)  
\$4.00 (CR) \$5.00 (NCR)  
January 4-May 31 (Monday-Thursday)  
6:15 p.m.-7:30 p.m.  
January 6-May 26 (Saturday)

8:30 a.m.-9:30 a.m.  
Looking for a way to get in shape and have fun? Then this class is for you. This low-mid impact class is designed to get your heart pumping while increasing your flexibility and build muscle. All ages and levels welcome.

**Open Weight Room** Age(s): (18 and older)  
No Cost  
January 1-May 31 (Monday-Friday)  
8:00 a.m.-10:00 a.m.  
Come and get pumped up in our weight room. Participants must bring a valid ID in order to participate.

**Open Gym** Age(s): (18 and older)  
No Cost  
January 1-May 30 (Monday, Wednesday, Friday)  
8:00 a.m.-10:00 a.m.  
January 7-May 27 (Sunday)  
4:00 p.m.-6:00 p.m.  
Think you got game? Bring your skills to our court! Players must bring a valid ID in order to participate.

**Open Computer Lab** Age(s): (18 and older)  
No Cost  
January 3-May 31 (Tuesday, Thursday)  
7:00 p.m.-9:00 p.m.  
Come in and take advantage of our computer lab. Access to Internet, Microsoft Office, and printing will be available. It's a wonderful opportunity to email your friends or work on homework.

**Open Weight Room** Age(s): (18 and older)  
No Cost  
January 1-May 31 (Monday-Thursday)  
7:00 p.m.-9:00 p.m.  
Come and get pumped up in our weight room. Participants must bring a valid ID in order to participate.

## Mature Adults

**Senior Mile Steppers** Age(s): (55 and older)  
No Cost  
January 1-May 31 (Monday-Friday)  
6:00 a.m.-8:00 a.m.  
Start your day off the right way, walking indoors around the climate-controlled gymnasium. Receive a free pedometer to track your steps. One mile is 18.5 times around the gym. Participants with the most miles will receive a t-shirt and pin while supplies last.

**Senior Aerobics** Age(s): (55 and older)  
No Cost  
January 9-May 31 (Tuesday, Thursday)  
9:30 a.m.-10:15 a.m.  
Senior aerobics is an exercise program created for people 55 years of age, or older. Senior aerobics is usually low impact, improving flexibility, cardiovascular, while revitalizing the person working out, giving him or her more energy, confidence, and satisfaction.

**Senior Dance Class** Age(s): (55 and up)  
\$18.00 (CR) \$22.50 (NCR)  
February 1-April 26 (Thursday)  
10:30 a.m.-11:30 p.m.  
Movement is a part of everyday life. In this class we will motivate senior citizens to develop and maintain physical flexibility and strength through an enjoyable activity of dance which may be shared with others.

**Senior Computer Class** Age(s): (55 and up)  
No Cost  
January 8-May 30 (Monday, Wednesday)  
12:30-1:30 p.m.

Seniors will learn basic computer skills, including learning basic computer terminology, typing skills, how to use search engines, and much more. This class will be broken up into beginner and intermediate levels.

**Bingo Happy Hour** Age(s): (55 and up)  
No Cost  
January 26-May 25 (Friday) 9:30 a.m.-11:30 a.m.  
Come and join us in America's favorite a table top game!  
January 26, February 23, March 23, April 27, May 25, (Fridays)

**Valentines Day Seniors Mingles**  
Age(s): (55 and up)  
February 14 (Wednesday) 12:00 p.m.-2:00 p.m.  
Come on out with your loved ones, friends, or just bring yourself and enjoy food, fun, music and reminisce the day away.

**Day at the Movies** Age(s): (Age 55 and up)  
No Cost  
January 17-May 16 (Wednesday)

9:30 a.m.-11:30 a.m.  
Lights, Camera, Action, It's movie time at Campus Hills and we want you to kick back with a little popcorn and enjoy a movie in dance studio. The movie listing will be displayed at the front counter a week before the movie. The movies will be held once a month. The dates are January 17, February 14, March 21, April 18 and May 16.

## General Public

**Fun Fitness Week** Age(s): (All)  
No Cost  
January 8-January 15 (Monday-Friday)  
6:00 a.m.-8:00 p.m.  
Monday (Free Lap Swimming 6a.m.-8 p.m.)  
Tuesday (Free Racquetball 6 a.m.-8 p.m.)  
Wednesday (Free Weight Lifting 6 a.m.-8 p.m.)  
Thursday (Free Aerobics 6:15 p.m.-7:30 p.m.)  
Friday (Free Water Aerobics 12 p.m.-12:45 p.m.)  
Saturday (Free Rec Swim 1p.m. – 5 p.m.)  
Sunday (Free Open Gym 2 p.m.-4 p.m. youth 4 p.m. -6 p.m. Adult)

Get your swim suit and tennis shoes ready for a week of free fitness activities to get your heart pumping, and your feet jumping!

**Community Day** Age(s): (All) No Cost  
April 28 (Saturday)  
10:00 a.m.-2:00 p.m.  
Fun for all as we play games, work on art projects, provide free aerobic & water aerobic classes, listen to good music have program demonstrations and relax while watching some great entertainment!

**Community Health Fest** Age(s): (All) No Cost  
May 19-May 19 (Saturday)  
10:00 a.m.-2:00 p.m.  
Come out and learn about your health with the entire Durham Community. Exhibit showcases from Durham County Health Department, Food Nutritionist, Blood pressure screening, Cholesterol Checking, Diabetes Awareness. Durham Police Department Mobile Unit, Identity-Kid, Fire Station #4,

Durham County Sheriff's Department, McGruff "The Crime Fighting Dog" Kid's Martial Arts.  
**Racquetball** Age(s): All  
\$6.00 (CR) \$7.50 (NCR)  
January 2-May 31 (Monday-Sunday)  
Registration taken in advance by calling the center on Monday beginning at 6:00 a.m. for Monday through Sunday of that week. Courts are reserved on the hour. 6:00 a.m.- 9:00 p.m. Monday -Tuesday, 6:00 a.m.- 8:00 p.m. Friday, 8:00 a.m.- 6:00 p.m. Saturday and 1:00 p.m.- 6:00 p.m. Sunday.

**Holmes Fitness Package** Age(s): (any)  
\$30.00 (CR) \$40.00 (NCR)  
January 2-May 31 (Monday-Sunday)  
Hours of operations for the Holmes package are Monday - Thursday 6 a.m. to 9 p.m. Friday 6 a.m. - 8 p.m., Saturday 8 a.m. - 6 p.m. and Sunday 1 p.m. to 6 p.m.. The Package includes swimming during recreation and lap swim times, aerobics classes, weight room access, gym access, and racquetball courts. (Some restrictions apply). Couple and Family rates are available.

## W.D. HILL RECREATION CENTER

1308 Fayetteville Street Phone: (919) 560-4292

Monday-Friday (8 a.m.-8 p.m.) Saturday (8 a.m.-6 p.m.) Sunday (1-6 p.m.)

## Youth

**Afterschool Program** Age(s): (5-12 years old)  
\$25.00 (CR) \$30.00 (NCR)  
August 25-June 6 (Monday) 3:00 p.m.-6:00 p.m.  
Features homework help, computer technology, environmental education, First Aid/CPR education, Money Management Program, African Dance classes, sports and arts and crafts. Please see pg 17.

## Youth & Teens

**Teen Nite** Age(s): (13 - 17 years old)  
No Cost  
January 5-May 18 (Friday) 7:00 p.m.-9:00 p.m.  
Teen nite is a place for children ages 13 to 17 to come and enjoy themselves in a safe and secure environment. Some of the featured activities are basketball, art and crafts, movies, video tournaments, basic fashion design and much more. Teen nite takes place every first and third Friday of the month. January 5, 19 / February 2, 16 / March 2, 16 / April 6, 20 / May 4, 18

**Hair Braiding and Cosmetology Class**  
Age(s): (14 and up)  
\$5.00 (CR) \$6.50 (NCR)  
February 7-March 28 (Wednesday)  
6:00 p.m.-7:00 p.m.  
Learn the basics of hairbraiding and cosmetology.

**Open Gym** Age(s): (17 and under)  
No Cost  
January 7-May 27 (Sunday) 2:00 p.m.-4:00 p.m.

**Youth Tennis Academy** Age(s): (5 -12)  
No Cost  
May 7-May 30 (Monday and Wednesday)  
6:00 p.m.-7:00 p.m.  
Learn the basics of tennis while having fun!

**Youth Tennis Academy** Age(s): (5 to 12 years old)  
No Cost  
April 2-April 30 (Monday, Wednesday)  
6:00 p.m.-7:00 p.m.  
Learn the basics of tennis while having fun!

**Step and Hip Hop Dance** Age(s): (6 - 15 years old)  
\$5.00 (CR) \$6.25 (NCR)  
January 8-May 28 (Monday and Friday)

6:00 p.m.-7:30 p.m.  
The goal of the class is to give each student the ability to acquire balance, choreography and coordination as well as physical and mental growth. We also hope to raise self esteem in a safe and nurturing environment, students will learn social skills and develop creative fine arts abilities, through expressions of emotions while gaining confidence within themselves. We will also have very strong emphasis on techniques and discipline; all classes will be an introduction to the basics of movements combining the elements of Step & Hip Hop. Our focus is on physical, mental development, concentration and coordination.

**Tae Kwon Do** Age(s): (7 - 17 years old)  
\$35.00 (CR) \$38.75 (NCR)  
January 4-May 31 (Thursday) 6:00 p.m.-7:00 p.m.  
Learn self-defense, stress management and physical fitness through controlled movements.

**Modeling and Etiquette** Age(s): (9 - 17 years old)  
\$5.00 (CR) \$6.25 (NCR)  
February 5-February 26 (Monday)  
5:30 p.m.-7:00 p.m.  
March 19-April 3 (Monday) 5:30 p.m.-6:30 p.m.  
The class is intended to develop self-confidence, improves social skills and personal leadership through learning modeling techniques and etiquette.

## Teens

**Nightflight** Age(s): (16-21 years old)  
No Cost  
January 12-May 25 (Friday) 7:00 p.m.-10:00 p.m.  
Think you can play basketball? Prove it!!!  
We offer evening basketball twice a month. Nightflight dates are every 2nd and 4th Fridays: January 12, 26 / February 9, 23 / March 9, 23 / April 13, 27 / May 11, 25.

## Adults

**Aerobics Class** Age(s): (16 and up)  
\$5.00 (CR) \$6.50 (NCR)  
January 4-May 24 (Tuesdays and Thursdays)

6:15 p.m.-7:15 p.m.  
Try our NEW Aerobics Class!

**Open Gym** Age(s): (18 and up)  
No Cost  
January 2-May 31 (Tuesday, Thursday)  
10:00 a.m.-12:00 p.m.  
January 7-May 27 (Sunday)  
4:00 p.m.-6:00 p.m.  
Participants must bring valid identification.

## Adults to Mature Adults

**Braille Class** Age(s): (18 and older)  
No Cost  
January 8-May 28 (Monday)  
10:00 a.m.-12:00 p.m.  
Class teaches basic and intermediate Braille. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

**Sharing Group** Age(s): (18 and older)  
No Cost  
January 4-May 31 (Thursday)  
7:00 p.m.-9:00 p.m.  
A support and education group for persons with vision impairments. Individuals just beginning to experience vision loss are encouraged to attend. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

**Adaptive Needlecraft** Age(s): (18 and older)  
No Cost  
January 3-May 30 (Wednesdays)  
10:00 a.m.-12:00 p.m.  
Class is designed for persons with vision impairments. Participants will learn needle craft. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.



## Mature Adults

**Senior Dance Group** Age(s): (55 and older)  
\$18.00 (CR) \$28.00 (NCR)  
February 7-April 25 (Wednesday)  
10:15 a.m.-11:15 a.m.  
Our dance experience is designed to develop participants to the maximum of their ability. Participants will be able to control body movement and extend the range of movement as they gain in technical ability.

**Senior Fitness** Age(s): (60 and up)  
No Cost  
January 2-May 31 (Tuesday, Thursday)  
10:30 a.m.-11:15 a.m.  
Get some exercise in a class designed to get your body in motion in a safe and fun environment.



**Council for Senior Citizens Lunch** Age(s): (60 and up)  
No Cost

January 2-May 31 (Monday-Friday)  
9:30 a.m.-1:30 p.m.

This is a time to socialize, play bingo, listen to Health Promotion lectures, and much more. Join us for a nutritious lunch (must be 60 years old and older). Donation appreciated.

## General Public

**Yoga** Age(s): (18 and above)

\$4.00 (CR) \$5.00 (NCR)

January 4-May 30 (Monday, Wednesday, Friday)  
12:00 p.m.-1:00 p.m.

Come join our yoga class and discover the benefits of increased flexibility, strength, and endurance.

**Adults in Motion** Age(s): (18 to Senior)

No Cost

January 3-May 30 (Monday, Wednesday, Friday)  
8:00 a.m.-10:00 p.m.

Enjoy our walking program in the gym.

**WD Hill Community Day**

Age(s): (All Ages)

No Cost

May 19 (Saturday)

10:00 a.m.-2:00 p.m.

Come out and enjoy a day of entertainment and family fun! Enjoy our special activities: 3 v 3 basketball tournament, free classes and tennis lessons, a roller skating party, a free positive hip-hop concert, poetry and dance performances. Refreshments served!

## WEAVER STREET RECREATION CENTER

3000 Weaver Street Phone: (919) 560-4294 Fax: (919) 560-4045  
Monday-Friday (8 a.m.-9 p.m.) Saturday (10 a.m.-2 p.m.) Sunday (1-5 p.m.)

## Preschool

**Tiny Tots Playstation** Age(s): (2-5)

No Cost

January 11-May 25 (Thursdays/Fridays)  
9:00 a.m.-12:00 p.m.

Schedule a special "play date" for you and your child to enjoy great activities together. Parents or a responsible adult accompany their tiny tots for this program. Daycare and nursery programs are welcomed to register. "Play date" sessions are 1 1/2 hours of length and class sizes are limited to 15 children per session. Activities include musical fitness, play hut maze games and arts and craft, reading circle and more. Register for "Tiny Tots Yoga" sessions on Fridays from 9 a.m.-10 a.m.

## Youth

**Afterschool Program** Age(s): (5-12 years old)

Please see page 17

**Jujitsu/Judo** Age(s): (5 - 12)

\$ 10.00 (CR) \$17.50 (NCR)

January 10-May 30 (Wednesday)  
4:30 p.m.-6:00 p.m.

Learn basic self-defense techniques in martial arts. Students will required to purchase "GI" uniform for competitions and exhibitions.

**Weekend Youth Activities** Age(s): (5 - 12)

No Cost

April 7-May 26 (Saturday) 10:00 a.m.-2:00 p.m.  
Featuring arts & crafts, open gym freeplay, music, movies and instructional sports.

**"Saturday at the Movies"** Age(s): (5-12)

No Cost

January 13-March 31 (Saturday)  
10:00 a.m.-2:00 p.m.

Special activity offered during Jr. NBA League game Saturdays in center's gameroom area.

Featuring new & old releases, children's all-time favorites and classic tales.

## Youth & Teens

**Tryouts/Auditions-Dream Weaver Dance Group**

Age(s): (5-15)

No Cost

April 14 (Saturday) 11:00 a.m.-1:00 p.m.

Young ladies ages 5-17 are invited to come out and present talent in basic movement and dance interpretation in various styles, including modern, tap, hip hop, african and folk. Group members will represent our center and the department in upcoming community special events and interact with dance class participants of summer camp program. For more information and to register for tryouts, call (919) 560-4294, ext. 21.

## Teens

**TEEN NIGHTFLIGHT** Age(s): (13-16)

No Cost

January 12-March 23 (Friday)  
7:00 p.m.-11:00 p.m.

Teen Nightflight program exclusively for teens ages 13-16. It's not just basketball anymore. Guest speakers, games room tournaments in billiards, table tennis, board games from 7 p.m.- 9 p.m.. Open access computer lab from 7 p.m.- 8 p.m.; freeplay basketball from 9 p.m. - 11 p.m. TEEN NIGHTFLIGHT DATES: January 12 & 26; February 9 & 23 and March 9 & 23.

**Open Gym Free play-Basketball/Gameroom**

Age(s): (13-16)

No Cost

January 12-May 25 (Friday) 6:30 p.m.-9:00 p.m.  
Participants play at their own speed an intramural game of basketball. Gameroom activities include: ping pong, billiards, table games, movies and music.

## Teens to Adult

**Computer Lab Access** Age(s): (13 to Adult)

No Cost

January 9-May 31 (Tuesday-Thursday)  
6:00 p.m.-8:00 p.m.

Open for homework help, research projects, term papers & report typing, career/job search. Computer instructor on site.

**Open Gym Freeplay Basketball**

Age(s): (17 & Up)

No Cost

January 7-May 27 (Sunday) 1:00 p.m.-6:00 p.m.  
Participants play at their own speed a intramural game of basketball.

## Adults to Mature Adults

**Open Gym Free play** Age(s): (35-to Mature Adult)

No Cost

January 10-May 30 (Wednesday)  
6:00 p.m.-9:00 p.m.

Participants enjoy a intramural game of basketball.

## Mature Adults

**Early Risers Club** Age(s): (55 and better)

No Cost

January 9-May 24 (Tuesdays/Thursdays)  
9:00 a.m.-12:00 p.m.

Bring your favorite coffee cup, newspaper, knitting checker or card playing buddy or neighbor or best friend! Come out to meet and greet friends and make new ones. Enjoy these activities: arts and crafts, table games, low impact/cardio exercise and walking laps around the gym, "Senior Rap" sessions, movies, music, field trips, morning refreshments and much more! New Thursday activities include: basic computer instruction and yoga for mature adults. NO COST program;



however, registration is required. There may be some cost for field trips.

## General Public

**PLAY MORE DAY at WSRC** Age(s): (everyone)

No Cost

March 10 (Saturday)  
10:00 a.m.-2:00 p.m.

DPR presents another special family-oriented fun-filled day at one of your Neighborhood Recreation Centers. "Healthy Recreation building Healthy Lives" is the theme with activities geared to get the heart "pumping" and blood "racing" toward a healthier lifestyle. Featuring information on health issues, nutritious snacks, music and lucky ticket drawings and give-aways.

**Community Day Festival** Age(s): (Everyone)

No Cost

May 5 (Saturday) 10:00 a.m.-2:00 p.m.  
Join us for a fun-filled morning featuring a carnival atmosphere designed for the whole family! Featuring music, children's games, information booths, performances, food and fun!

## NEIGHBORHOOD CENTERS

**Interim Recreation Manager: Jeff Forde, [Jeff.Forde@durhamnc.gov](mailto:Jeff.Forde@durhamnc.gov) • 400 Cleveland Street, Durham NC 27701, 919-560-4355**

**Recreation Supervisor: Harold Anderson, [Harold.Anderson@durhamnc.gov](mailto:Harold.Anderson@durhamnc.gov) • 1100 Morreene Road, Durham NC 27705, 919-560-4405**

## EAST DURHAM NEIGHBORHOOD CENTER

2615 Harvard Ave Phone: (919) 560-4278

Hours of Operation: Monday-Thursday 9 a.m. - 9 p.m. Friday 9 a.m.-11 p.m. Sat noon-6 p.m.

## Preschool

**E-magine That** Age(s): (1-4)

No Cost

January 12-May 25 (Friday)

10:00 a.m.-11:30 a.m.

This interactive reading program allows your child to become a part of the story. Storytime will never be the same!

## Youth

**Afterschool Program** Age(s): (5-12 years old)

Please see page 17

## Teens

**East Durham Resource Center** Age(s): (13-17)

No Cost

January 2-May 31 (Tuesdays and Thursdays)

6:30 p.m.-9:00 p.m.

Computer lab available for homework assistance, school projects, research paper; in addition to career development support.

**The Way Of Victory Martial Arts** Age(s): (13-17)

No Cost

January 11-May 17 (Thursday)

7:00 p.m.-8:00 p.m.

Participants will learn the basic and intermediate form of Martial Arts. The form of Martial Arts that will be introduced is called Bando.

**In Da Basement** Age(s): (13-17)

No Cost

January 5-May 25 (Friday)

7:00 p.m.-11:00 p.m.

In Da Basement provides opportunities for teens to develop leadership and communication skills through group discussions, computer training and other activities in a safe and supervised setting.

**East Durham Teen Night** Age(s): (13-17)

No Cost

January 2-May 31 (Monday-Thursday)

6:30 p.m.-9:00 p.m.

Participants will enjoy fun table games, X-box competitions, and billards and Freeplay Basketball on our outdoor courts.



**Bars and Hooks** Age(s): (13-17)

No Cost

January 10-March 15 (Wednesday)

7:00 p.m.-8:00 p.m.

The goal of this class is for teens to learn how to be creative and compose original music. In addition to writing and composing songs and simple copyright techniques. Students will also learn the origination of songs and how music influences today's society.

**East Durham Fashion Institute** Age(s): (13-18)

No Cost

January 15-May 21 (Monday)

6:30 p.m.-8:30 p.m.

Were stepping into style! Come and create your own fashion line.

**Take I** Age(s): (13-18)

No Cost

January 16-May 28 (Tuesday)

6:30 p.m.-8:30 p.m.

Have you ever wanted to direct your own television program? Come learn how to record and edit your footage like a pro.

**Paper Chase** Age(s): (13-18)

No Cost

January 13-May 28 (Saturday)

3:00 p.m.-6:00 p.m.

We are taking it to a whole new level, with this new entrepreneural program designed just for teens. Classes will include manicuring, hair braiding, make-up artistry and more!

## Adults

**Munch on Health** Age(s): (18+)

No Cost

January 24-May 16 (Wednesday)

12:00 p.m.-2:00 p.m.

Tired of fast food and eating out? Enjoy a healthy alternative to lunch, at no cost to you. Pre-registration required. Jan. 24, Feb. 28, March 28, Apr. 25, May 23

## Adults to Mature Adults

**Clips** Age(s): (18 and up)

No Cost

January 13-May 26 (Saturday)

1:00 p.m.-3:00 p.m.

Does your grocery bill look almost like your car payment? Come clip your way into savings! Join the East Durham Coupon Clipping Club!

Arts & Crafts Age(s): (Adults/Mature Adults)

No Cost

January 9-May 23 (Wednesday)

10:00 a.m.-11:30 p.m.

Come let your creativity shine! Get crafty, with simple yet professional looking projects. Perfect for a gift or for your home.

**PLAYMORE DAY** Age(s): (general)

No Cost

March 10 (Saturday)

10:00 a.m.-2:00 p.m.

DPR presents another special family-oriented fun-filled day at one of your Neighborhood Recreation Centers. "Healthy Recreation building Healthy Lives" is the theme with activities geared to get the heart "pumping" and blood "racing" toward a healthier lifestyle. Featuring information on health issues, nutritious snacks, music and lucky ticket drawings and give-aways.

## Mature Adults

**KING ME!** Age(s): (55 and better)

No Cost

January 9-May 22 (Thursday)

10:00 a.m.-12:00 p.m.

Alright gentlemen here is your chance to show

them who's really king. Join the East Durham Chess and Checker Club!

**You're a Jewel** Age(s): (55 and better)

No Cost

January 9-May 22 (Tuesday)

10:00 a.m.-11:30 a.m.

Do you love costume jewelry? Ever wanted to design your own? Well here is your chance!!!

**Coffee Club** Age(s): (55+)

No Cost

September 5-December 14 (Tuesday, Thursday)

9:00 a.m.-10:00 a.m.

Come enjoy a fresh steaming cup of coffee, while reading the news or socializing with friends.

**Senior Basic Yoga Class** Age(s): (55+)

No Cost

September 5-December 12 (Tuesday)

10:00 a.m.-12:00 p.m.

Learn the basic yoga movements and stretches. Great for maintaining a healthy living style.

## E.D. MICKLE NEIGHBORHOOD CENTER

1204 N. Alston Avenue Phone: (919) 560-4284

Hours of Operation: Monday-Thursday 9 a.m. - 9 p.m. Friday 9 a.m.-11 p.m. Sat noon-6 p.m.

## Preschool

**KIDFitness** Age(s): (0-5)

No Cost

January 10-May 23 (Wednesday)

9:30 a.m.-10:30 a.m.

An educational program where kids learn that exercise is FUN!

## Youth

**After School Program** Age(s): (5-12)

\$25.00 (CR) \$30.00 (NCR)

January 3-June 9 (Monday-Friday)

3:00 p.m.-6:00 p.m.

Price subject to change according to the sliding fee scale. Program offers Cheerleading, Arts & Crafts, Daily Sports, Computer Enrichment, Reading Club, Step, Dance and Indoor and Outdoor Activities Please see pg 17.

## Youth & Teens

**Martial Arts** Age(s): (8+)

No Cost

January 10-May 16 (Wednesday)

7:00 p.m.-8:00 p.m.

Experience the teachings of 1st Degree Black Belt, Alvin Tinnis as he leads students in the basics of "The Way of Victory Martial Arts Program".

## Teens

**In Da Basement** Age(s): (13-18)

No Cost

January 12-May 25 (Friday)

7:00 p.m.-11:00 p.m.

In Da Basement provides opportunities for teens to develop leadership and communication skills through group discussions, computer training and other activities in a safe and supervised setting.

**The Lab** Age(s): (13-18)

No Cost

January 11-May 24 (Thursday)

7:00 p.m.-9:00 p.m.

Learn to make beats using an innovative computer program. Explore your creativity and become the next hot producer! Registration required.

**EXPLORE Durham Club** Age(s): (13-18)

No Cost

January 10-May 23 (Wednesday)

6:00 p.m.-9:00 p.m.

Explore your city and discover places you have never seen before. Restaurants, local concerts, displays, and many other things Durham has to offer.

**Bars and Hooks** Age(s): (13-18)

No Cost

January 9-March 6 (Tuesday)

7:00 p.m.-8:00 p.m.

Listen to the radio and think, "Hey, I can do that". Well now you can! Learn the basics of music composition and song writing with a little bit of an history lesson thrown in.

**Paper Chase** Age(s): (13-18)

No Cost

January 13-May 26 (Saturday)

3:00 p.m.-6:00 p.m.

We are taking this to a whole new level, with this new entrepreneural program designed just for teens. Learn legit ways to make money! Classes will include car detailing, barber skills, airbrushing, and much much more!

**Open Rec.** Age(s): (13-18)

No Cost

January 8-May 21 (Monday)

6:00 p.m.-9:00 p.m.

Open Rec. includes: table games, pool, computers, movies, homework help and a positive place to socialize.

## Adults to Mature Adults

**Munch on Health** Age(s): (18+)

No Cost

January 17-May 9 (Wednesday)

12:00 p.m.-2:00 p.m.

Tired of fast food and eating out? Enjoy a healthy alternative to lunch, at no cost to you. Pre-registration required. Jan. 17, Feb. 14, March 14, Apr. 11, May 9

**E.D. Mickle Recipe Club** Age(s): (18+)

No Cost

January 6-May 19 (Saturday) 12:00 p.m.-2:00 p.m.

For one Saturday each month, showoff or just share your favorite recipes with some of North East Central Durham's finest cooks. Selected Saturday's to be announced.

## Mature Adults

**BINGO!** Age(s): (55 & +)

No Cost

January 12-May 23 (Friday)

10:00 a.m.-11:30 a.m.

Come socialize with a chance to win prizes. Make sure you bring your lucky rabbit's foot!

**Senior Aerobics and Fitness** Age(s): (55 & +)

No Cost

January 10-May 23 (Wednesday)

11:00 a.m.-12:00 p.m.

Mature Adults will develop healthy habits and learn basic movements that will lead to a healthier lifestyle.

**His-Story/Her-Story** Age(s): (55 & up)

No Cost

January 9-May 29 (Tuesday)

10:00 a.m.-11:30 a.m.

Everybody has a story to tell. Come sharpen your storytelling skills in a program that's sure to bring back memories. Finished product will be available on DVD so the stories will live on forever.

**Senior Arts and Crafts** Age(s): (55+)

No Cost

January 11-May 25 (Thursday)

10:30 a.m.-12:00 p.m.

Come let your Creativity Shine! Get crafty, with simple yet professional looking projects. Perfect for gift or for your home.

## General Public

**PAC I Meeting** Age(s): (16+)

No Cost

January 20-May 19 (Saturday)

10:00 a.m.-12:00 p.m.

PAC I will hold monthly meetings, third Saturday of the month.

**Albright Community Meetings** Age(s): (16+)

No Cost

January 13-May 11 (Saturday)

10:00 a.m.-12:00 p.m.

Albright Community Association, Inc will hold monthly meetings 2nd Saturday of every month.

**PLAYMORE DAY** Age(s): (General Public)

No Cost

March 10 (Saturday) 10:00 a.m.-2:00 p.m.

DPR presents another special family-oriented fun-filled day at one of your Neighborhood Recreation Centers. "Healthy Recreation building Healthy Lives" is the theme with activities geared to get the heart "pumping" and blood "racing" toward a healthier lifestyle. Featuring information on health issues, nutritious snacks, music and lucky ticket drawings and give-aways.



## June 11 – August 17, 2007

### A PARENT'S JOURNEY TO DPR'S SUMMER CAMP PROGRAMMING

For over 80 years Durham Parks and Recreation has been providing recreational opportunities to the community through programs such as Summer Day Camp, Fun Days and Intersession Camp. DPR programs offer a safe, inclusive environment where all children are encouraged to participate. We are committed to the development of our campers' life skills through group activities and exposure to diverse athletic, creative and educational experiences.

Campers in DPR's Summer programs participate in theme based programs with a wide range of activities that include but are not limited to swimming, arts & crafts, computer enrichment, environmental education, dance, athletic games and much more. Emphasis is placed on trying new things, teamwork, learning by doing and enjoying the process of discovery. DPR maintains a low staff/child ratio (1/17) to ensure that every child may have a fun and safe camp experience.

DPR offers full day camps at our recreation centers and half day options at specified parks (see Nature Caravan), special camps for children and youth with special needs and a 3 week arts camp. We hope that your child will join in our summer programs. Below is a list of steps to take to make the registration process smooth and simple.

1. If you are interested in DPR's Sliding Fee Scale please follow these steps. If not please proceed to #2
  - a. A Reduced Fee Application and detailed information packet is available at all DPR facilities or can be mailed upon request by calling (919) 560-4355. Staff is available to provide assistance in completing this application if requested.
  - b. If you are currently receiving a reduced fee for our after school, summer camp and intersession programs, please watch your mail for a renewal application
2. Prepare the following information for completing your child's camp registration
  - a. Parent/Guardian contact information.
  - b. Emergency contact information (other than parent/guardian).
  - c. Health Insurance information.
  - d. Physician and Dentist contact information (addresses and phone numbers).
  - e. Medical information, including all medication taken by the child.
  - f. Any special needs your child may have.
3. **MARCH 17, 2007 9:00 a.m. – 1:00 p.m. Register your child for Summer Day Camp.** Children must be registered before they can attend camp!
  - a. Registration for programs held at DPR Recreation Centers will be at each Recreation Center
  - b. Registration for Special Populations programs (ArtVentures, Camp Discover and Camp Explore) will be held at the Community Family Life and Recreation Center at Lyon Park
  - c. Registration for Nature Caravans will be held at the DPR Administrative Offices (400 Cleveland St)
  - d. Registration for the Durham Housing Authority sites will be at the sites.
4. **REGISTRATION FEES** The first week of camp must be paid in full at the time of registration. In order to reserve space in additional weeks of camp, please be prepared to make a \$20.00 per week deposit.
  - a. Fees per week/child      \$90.00 City Resident; \$100 Non City Resident
  - \*\* See # 1 for Sliding Fee Scale information
5. **EDISON JOHNSON RECREATION CENTER SUMMER CAMP LOTTERY**
  - a. Lottery forms will be available beginning January 22, 2007 at the Edison Johnson Recreation Center and the DPR main office.
  - b. Completed forms must be submitted to the Edison Johnson Recreation Center by 9 p.m. on Monday, February 19th to be eligible for the drawing.
  - c. The Lottery Drawing, which is open to the public, will be held on Tuesday, February 20, 2007 at 6:00pm at the Edison Johnson Recreation Center.
  - d. Parents who submitted entry forms will receive letters by March 2, 2007, indicating their status as a result of the drawing.
  - e. Those chosen in the lottery for placement in the camp must still report to the Edison Johnson Recreation Center on March 17, 2007 to officially register their child(ren). The letter they receive will specify a time slot in which to report on that date.
  - f. For more information about the Summer Camp Lottery at Edison Johnson, call Marcia Shirilla at 560-4270.

### JUST THE FACTS

For details please read A PARENT'S JOURNEY TO DPR'S SUMMER CAMP PROGRAMMING

DATES: June 11-August 17; register for all 10 weeks or individual weeks

HOURS: Full Day 7:30 a.m. – 6:00 p.m.

Nature Caravan 8:00 a.m. – 1:00 p.m.

AGES: 5-12 years (except where indicated)

LOCATION: Various locations throughout the City

FEES: \$90/child weekly for City Residents

\$100/child weekly for Non City Residents

See ArtVentures and Nature Caravan information for fees

REGISTRATION: March 17, 2007 9:00 a.m. – 1:00 p.m. See detailed information for locations

### RECREATION CENTERS

City Residents - \$90.00 per week and Non-City Residents - \$100.00 per week

\*Inclusion opportunities for children with disabilities are offered at each of the programs below. After registration, individuals will be assessed for inclusion readiness and contacted by the center director to discuss appropriate accommodations and inclusion support staff.

**East Durham Neighborhood Center**  
2615 Harvard Avenue  
(919) 560-4278

**E. D. Mickle Neighborhood Center**  
1204 N. Alston Ave  
(919) 560-4284

**Edison Johnson Recreation Center**  
(Selection for this site will be based on the lottery system. See information in the grey box)  
600 W. Murray Avenue  
(919) 560-4270

**I.R. Holmes Sr. Recreation Center at Campus Hills**  
2000 S. Alston Avenue  
(919) 560-4444

**Lyon Park**  
1309 Halley St  
560-4288

**T. A. Grady Neighborhood Center**  
531 Lakeland St.  
(919) 560-4280

**Walltown Neighborhood Center**  
1300 West Club Boulevard  
(919) 560-4296

**Weaver Street Neighborhood Center**  
3000 Weaver Street  
(919) 560-4294

**WD Hill Recreation Center**  
1308 Fayetteville Street  
(919) 560-4292

**W.I. Patterson Neighborhood Center**  
2641 Crest Street  
(919) 560-4560



SPECIAL POPULATIONS

\*Inclusion opportunities for children with disabilities are offered at each of the programs above. After registration, individuals will be assessed for inclusion readiness and contacted by the camp director to discuss appropriate accommodations and inclusion support staff.

ART VENTURES SUMMER DAY CAMP (ages 10+)  
This inclusive camp program offers youth with and without disabilities creative drama, dance, and set design opportunities.  
Monday – Friday, 7:30 a.m. – 6:00 p.m., July 5-July 23 (tentative)  
Criteria: Campers must attend performance on Saturday, July 23  
Community and Family Life Center @ Lyon Park  
Contact Kristen Randall for more information 560-1301.  
Fees for this camp are City Residents (\$255) for 3-week camp; Non-City Residents (\$300) for 3-week camp.

Registration: Saturday, March 17, 2007 (9:00 a.m. – 1:00 p.m.)  
Location: Lyon Park Community Center

Therapeutic Day Camp (Ages: 5 - 21) \$90 (CR) \$100 (NCR) per week  
Monday – Friday, June 11 – August 10 (7:30 a.m. – 6:00 p.m.)  
Location: Forest Hills Park  
Description: This program is an alternative to inclusive services. If you feel your child would benefit more from a separate program designed to meet the needs of a child with a developmental disability then this may be the program for you. However we seek to "include" any child who can be safely and appropriately served in any of the public camps offered by our Department. Note: Because our general public camps for Teens end at age 15, Therapeutic Recreation Camp and Camp Explore (listed below) are the only options available to youth 16 -21 years of age.

Registration: Saturday, March 17, 2007 (9:00 a.m. – 1:00 p.m.)  
Location: Lyon Park Community Center

There will be a sliding scale based on household income.

Camp Explore (Ages: 13 - 21) \$90 (CR) \$100 (NCR) per week  
Monday – Friday, June 11 – August 10 (7:30 a.m. – 6:00 p.m.)  
Location: Lyon Park Community Center  
Description: The camp serves teens and young adults with moderate to mild developmental disabilities. If you feel your child would benefit more from a separate program designed to meet the needs of a child with a developmental disability then this may be the program for you. However we seek to "include" any child who can be safely and appropriately served in any of the public camps offered by our Department. Note: Because our general public camps for Teens end at age 15, Therapeutic Recreation Camp (listed above) and Camp Explore are the only options available to youth 16 -21 years of age.

Registration: Saturday, March 17, 2007 (9:00 a.m. – 1:00 p.m.)  
Location: Lyon Park Community Center



NATURE CARAVAN CAMP

Monday – Friday, 8:00 a.m. - 1:00 p.m.  
\$25.00/week City Residents/\$30.00/week Non City Residents  
Nature Caravan is a half day camp that emphasizes environmental education and nature activities. This camp is located in some of DPR's most beautiful parks. Locations change every three weeks. Campers participate in hikes along DPR Trails, art projects and games to increase their understanding of DPR parks and the natural world around them. For more information on this program please call 620-8154.

June 11-15, June 18-22, June 25-29  
Sandy Creek Park                      Whippoorwill Park  
Sandy Creek Dr                      1700 Rowemont Dr

July 2-6 (no camp July 4), July 9-13, July 16-20  
Indian Trail Park                      Northgate Park  
Albany St & Indian Tr                      300 W Club Blvd

July 23-27, July 30-August 3, August 6-10  
Forest Hills Park                      West Point on the Eno  
1639 University Dr                      5000 N. Roxboro Rd

DPR TEEN CAMP

Ages 13-17  
If you are interested in registering your child for a teen program please contact Trekeyta Easley at (919) 560-4280.

PUBLICHOUSINGSUMMER DAY CAMPS

The programs at the Public Housing locations are provided in cooperation with the Durham Housing Authority for children who are residents.

Club Blvd. Recreation Center  
2415 Glennbrook Drive

Hoover Road Recreation Center  
1129 Hoover Road

Liberty Street Recreation Center  
131 Commerce Street



## MORREENE ROAD NEIGHBORHOOD CENTER

1100 Morreene Road Phone: (919) 560-4405  
Hours of Operation: Temporarily Closed

Morreene Road Recreation Center is closed until further notice. The building is currently undergoing construction repairs. All programs, activities and events have been moved to W.I. Patterson Recreation Center located at 2614 Crest Street, Durham. For more information call (919) 560-4355.

## WALLTOWN NEIGHBORHOOD CENTER

1300 Club Boulevard Phone (919) 560-4296  
Hours of Operation: Mon-Thurs 9 a.m.-9 p.m., Fri 9 a.m.-11 p.m., Sat noon-6pm

## Infants & Toddlers

**Skip, Hop, & Jump Toddler Program**

Age(s): (3-4 years)

No Cost

January 12-May 18 (Fridays) 9:00 a.m.-12:00 p.m.  
Skip, Hop and Jump Toddler Program invite your child out for a day of fun and a learning experience at Walltown Recreation Center.

## Youth

**Afterschool Program** Age(s): (5-12 years)

\$25.00 (CR) \$30.00 (NCR)

January 3-June 8 (Monday - Friday)

3:00 p.m.-6:00 p.m.

Features: Self-directed homework sessions, Arts crafts, Reading Club, Environmental Education Classes, Step/dance, (Chuck Davis) African dance, music and daily sports, Indoor/outdoor Games, etc Please see page 17.

## Teens

**Teen Movie Night** Age(s): (13 & up)

No Cost

January 9-May 29 (Tuesday) 6:00 p.m.-7:00 p.m.

Now you can go to movies that are picked by teens, for teens!

**African Dance** Age(s): (13 & up)

No Cost

January 11-May 26 (Thursday) 6:00 p.m.-7:30 p.m.

The goal of this class is to create a dance program for youth that will cultivate self-esteem, healthy exercise habits, and confidence. The class will help the students understand the history of dance and art in American among populations of black people.

**RecZone** Age(s): (13 & up)

No Cost

January 5-June 1 (Friday)

6:00 p.m.-11:00 p.m.

Friday night fun is what you will get!! Join us for a night at the rec!! Each zone will features fun for everyone from video games, basketball, karaoke, board games, foosball and pool. Program will also be available on Saturdays from 1 p.m.-6 p.m..

**Song Writer, Singer /Teaching Music History**

Age(s): (13 & up)

No Cost

January 8-May 21 (Monday) 6:00 p.m.-7:00 p.m.

Come out and learn how to sing and write your music. And become a star.

**Arts Crafts** Age(s): (13 & up)

No Cost

January 10-May 9 (Wednesday)

6:30 p.m.-8:30 p.m.

Get inspired in art enriched class packed full of challenging design projects and fun surprises.

**The Way of Victory Martial Arts** Age(s): (13-17)

No Cost

January 12-May 18 (Fridays)

7:00 p.m.-8:00 p.m.

Participants will learn basic and intermediate forms of Martial Arts. The name of the Form of Marital Arts that is being taught during the sessions will be called Bando.

## Adults to Mature Adults

**Floral Arrangement & Crafts** Age(s): (55 & up)

No Cost

January 9-May 23 (Wednesday)

10:00 a.m.-12:00 p.m.

Bringing a bit of colors and sunshine into your home. This promises to be a fun and social way to spend the morning.

**Bingo and Trips** Age(s): (55 & up)

No Cost

January 11-May 24 (Thursday) 9:30 a.m.-12:00 p.m.

What better on a Thursday playing bingo and taking a nice gift home to enjoy. Also trips that will cost a small fee that will cover transportation..

**Walltown Senior Fitness Program** Age(s): (55 & up)

No Cost

January 9-May 22 (Tuesday) 10:00 a.m.-11:30 a.m.

Fitness is designed for those who want a thorough

but gentle body work out.

## Mature Adults

**Walltown Senior Program** Age(s): (55 & up)

No Cost

January 8-May 21 (Monday) 9:30 a.m.-12:30 p.m.

Join us for a morning of movie watching. We'll mix it up by watching classics one month and the latest blockbuster the next. Coffee and snacks will be provided. After the movie stay and vote on your next movie.

## W.I. PATTERSON NEIGHBORHOOD CENTER

2614 Crest Street Phone: (919) 560-4560

Hours of Operation: Mon-Thurs 9 a.m.-9 p.m., Fri 9 a.m.-11 p.m., Sat noon-6pm

## Youth

**After School** Age(s): (5-12)

\$25.00 (CR) \$30.00 (NCR)

January 3-June 8 (Monday-Thursday)

3:00 p.m.-6:00 p.m.

After School will consist of homework assistance, arts and crafts, computer class, environmental sciences and much more. See page 17.

## Youth & Teens

**Martial Arts** Age(s): (8+)

No Cost

January 13-May 19 (Saturday)

1:00 p.m.-2:00 p.m.

Experience the teachings of 1st Degree Black Belt, Alvin Tinnis as he leads students in the basics of "The Way of Victory Martial Arts Program".

## Teens

**Bars and Hooks** Age(s): (12+)

No Cost

January 8-May 21 (Monday)

7:00 p.m.-8:00 p.m.

Listen to the radio and think, "Hey, I can do that". Well now you can! Learn the basics of music composition and song writing with a little bit of an history lesson thrown in.

**Teen Open Rec.** Age(s): (13-18)

No Cost

January 8-May 27 (Monday-Friday)

6:00 p.m.-9:00 p.m.

Open Rec. includes: table games, pool, computers, movies, homework help and a positive place to socialize.

**KidsALIVE** Age(s): (13-18)

No Cost

January 9-May 24 (Tuesday, Thursday)

6:00 p.m.-7:00 p.m.

This innovative program will offer teens the opportunity to engage in an exercise program that will promote an active lifestyle through integrated video game education.

## General Public

**PLAYMORE DAY** Age(s): (0-99+)

No Cost

March 10 (Saturday)

10:00 a.m.-2:00 p.m.

DPR presents another special family-oriented fun-filled day at one of your Neighborhood Recreation Centers. "Healthy Recreation building Healthy Lives" is the theme with activities geared to get the heart "pumping" and blood "racing" toward a healthier lifestyle. Featuring information on health

issues, nutritious snacks, music and lucky ticket drawings and give-aways.

## Mature Adults

**Senior Fitness** Age(s): (55+)

No Cost

January 9-May 24 (Tuesday, Thursday)

12:00 p.m.-1:30 p.m.

Mature Adults will develop healthy habits and learn basic movements that will lead to a healthier lifestyle.

**Senior Arts & Crafts** Age(s): (55+)

No Cost

January 10-May 23 (Wednesday)

12:00 p.m.-1:30 p.m.

Come let your creativity shine! Get crafty with simple, but professional looking projects great for gifts or for your own home.

**BINGO!** Age(s): (55+)

No Cost

January 12-May 25 (Friday) 10:30 a.m.-12:00 p.m.

Come socialize with a chance to win prizes. Make sure you bring your lucky rabbit's foot!

## T.A. GRADY NEIGHBORHOOD CENTER

135 Lakeland Avenue Phone: (919) 560-4280

Hours of Operation: Mon-Thurs 9 a.m.-9 p.m., Fri 9 a.m.-11 p.m., Sat noon-6pm

## Preschool

**Busy Bodies** Age(s): (2-5)

No Cost

January 2-May 31 (Monday, Wednesday)

10:00 a.m.-12:00 p.m.

Parent and child will participate in a wide variety of activities, to include, arts and crafts, exercise, storytelling, music and much more. Open registration.

## Youth

**Spring Scavenger Hunt** Age(s): (3 & Up)

No Cost

April 9 (Monday)

3:30 p.m.-4:00 p.m.

This is not your traditional Egg Hunt. Come and kick off spring with a fun unique scavenger hunt for prizes.

**Afterschool** Age(s): (5-12)

Please see page 17

## Youth

**Mother's Day Scrapbooking** Age(s): (5-18)

No Cost

May 10 (Thursday) 6:30 p.m.-8:00 p.m.

Let us help you build a scrapbook in honor of your mother. Bring your memorabilia of yourself and your mother, and we will provide the materials and expertise to build a scrapbook. Register by May 1, 2007.

## Youth & Teens

**Beginning Golf Lessons** Age(s): (10-18)

No Cost

January 8-March 26 (Every Other Monday)

7:00 p.m.-8:00 p.m.

Learn golf basics, and be introduced to a sport you can enjoy for the rest of your life.





**Sewing for Kids** Age(s): (10-18)

No Cost  
March 7-May 2 (Wednesday) 6:00 p.m.-8:30 p.m.  
Registration begins February 19. Youth will be introduced to simple sewing skills by producing a take home project. Register by February 28, 2007.

**Homerun Hitting Contest** Age(s): (8-15)

No Cost  
April 14 (Saturday) 2:00 p.m.-3:00 p.m.  
Help us kick off baseball season by showing us how far you can hit a baseball. Prizes will be given to winners in each age group.

**Teens****In Da Basement** Age(s): (13-18)

No Cost  
January 5-May 25 (Friday) 7:00 p.m.-11:00 p.m.  
In Da Basement provides opportunities for teens to develop leadership and communication skills through group discussions, computer training, and other activities in a safe supervised setting.

**TeenThings** Age(s): (13-18)

No Cost  
January 2-May 31 (Monday, Tuesday, Thursday) 6:00 p.m.-9:00 p.m.  
This time is all about teens. You can come and get help with homework, learn how to cook, surf the net, job readiness skills, resume building and much more.

**Teens to Adult****Martial Arts Class** Age(s): (10 & Up)

No Cost  
January 9-May 28 (Every Other Tuesday) 7:00 p.m.-8:00 p.m.  
Come learn self defense and discipline while getting in shape. Registration begins December 18 and is required at least one day before class date. No cost for this class.

**General Fitness Class** Age(s): (13 & Up)

No Cost  
March 15-May 31 (Thursday) 7:00 p.m.-8:00 p.m.  
Come and get in shape by joining our fitness class. Fitness areas such as stretching, strength training, yoga, and low impact aerobics will be covered, along with discussions on nutrition and other healthy habits.

**Open Computer Lab** Age(s): (13 and up)

No Cost  
January 2-May 31 (Monday -Friday) 6:00 p.m.-9:00 p.m.  
This time is available for you to come and get your research completed as well as papers

typed and printed. Day time hours will vary from 9:00 a.m.-3:00 p.m.. Evening hours will be Tuesday, Thursday and Friday from 6:00 p.m.-9:00 p.m., Saturday 4:00 p.m.-6:00 p.m..

**Adults****Exploring Black History in Durham**

Age(s): (18 and older)  
No Cost  
February 10 (Saturday) 12:00 p.m.-4:00 p.m.  
Join us on a guided tour of many black history landmarks and businesses around Durham. Register by February 1, 2007. Space is limited.

**All About Mom** Age(s): (Adult)

No Cost  
May 12 (Saturday) 1:00 p.m.-3:00 p.m.  
Mothers come and get pampered on your special day. Enjoy a variety of fun relaxing activities geared towards mothers.

**Soul Food Cook-Off** Age(s): (Adult)

No Cost  
February 24 (Saturday) 1:00 p.m.-3:00 p.m.  
Come join us and show off your cooking skills, and share some of your recipes. Bring a dish to the center and let our judges decide who is the winner. Prizes will be awarded. Make sure you bring enough for everybody to try. Registration is required by February 1.

**Mature Adults****“Early Risers Club” Senior Program** Age(s): (55 and better)

No Cost  
January 2-May 31 (Tuesday, Thursday) 10:00 a.m.-12:00 p.m.  
This program offers Mature Adults an opportunity to have fellowship and fun in a variety of activities. Join in exercise, games, crafts, and socializing -- we want to help you stay active and engaged in your community!

**Families****Family Game Days** Age(s): (5 and up)

No Cost  
January 2-May 31 (Saturday) 1:00 p.m.-4:00 p.m.  
Family Game Days will occur every second and fourth Saturdays of the month. Come out make it a family affair and enjoy our version of Bingo, Family Feud, Wheel of Fortune and many more exciting and fun games.

**General Public****Walking Club** Age(s): (10 & up)

No Cost  
April 9-May 28 (Monday) 6:00 p.m.-7:00 p.m.  
Join us as we try to increase our fitness levels, and enjoy some beautiful spring weather also.

**Super Bowl Party/Punt, Pass, and Kick**

Competition Age(s): (8 & up)  
No Cost  
February 4 (Sunday) 3:00 p.m.-9:00 p.m.  
Show us what you have got on the football field, then watch the big game with us. Prizes will be given for each age group winner. Snacks and refreshments will be provided for the Super Bowl, along with fun activities.

**Living Portraits of Black History** Age(s): (All)

No Cost  
February 17 (Saturday) 1:00 p.m.-3:00 p.m.  
Dress up as your favorite black historical figure and give us a report on their lives. Help educate others about some of the great accomplishments of black people through history by sharing some of your knowledge.

**Black History on the Big Screen Series** Age(s): (All)

No Cost  
February 19-February 23 (Monday-Friday) 6:30 p.m.-8:30 p.m.  
Come and enjoy some of the greatest films in black history. Join us for a different movie each night. Snacks and refreshments provided.

**Black History Book-a-thon** Age(s): (All)

No Cost  
February 5-February 9 (Monday-Friday) 6:00 p.m.-8:30 p.m.  
Come celebrate some of the greatest black authors, with readings and discussions of black literature.

**Play More Day** Age(s): (All)

No Cost  
March 10 (Saturday) 1:00 p.m.-4:00 p.m.  
DPR presents another special family oriented, fun filled day at one of our Neighborhood Recreation Centers. “Healthy Recreation Building Healthy Lives” is the theme with activities geared to get the heart “pumping” and the blood “racing” toward a healthier lifestyle. Featuring information on health issues, nutritious snacks, music, and lucky ticket drawings and give-aways.

**April Showers & May Flowers** Age(s):

(Intergenerational)  
No Cost  
April 28 (Saturday) 12:00 p.m.-2:00 p.m.  
Learn all about the beauty and benefits of gardening. Participants will learn about different kinds of plants and flower, and plant a beautiful garden.

**PUBLIC HOUSING SITES**

Recreation Manager: Kim Oberle  
kimberly.oberle@durhamnc.gov  
400 Cleveland Street, Durham NC 27701, 919-560-4355, ext. 210

**CLUB BLVD**

2415 Glennbrook Drive Phone: (919) 560-4355, ext. 210  
Hours of Operation: Monday-Friday (3:00 p.m. – 6:00 p.m.)

**Youth**

Afterschool Age(s): (5 Kindergarten -12)  
Please see page 17

**LIBERTY STREET**

Address: 131 Commerce Street Phone: (919) 560-4355, ext. 210  
Hours of Operation: Monday-Friday (3:00 p.m. – 6:00 p.m.)

**Youth**

Afterschool Age(s): (5 Kindergarten -12)  
Please see page 17

**HOOVER ROAD**

Address: 1129 Hoover Road Phone: (919) 560-4355, ext. 210  
Hours of Operation: Monday-Friday (3:00 p.m. – 6:00 p.m.)

**Youth**

Afterschool Age(s): (5 Kindergarten -12)  
Please see page 17

**AQUATICS**

Recreation Manager: Malgosia Atkinson, Malgosia.Atkinson@durhamnc.gov or 560-4355, ext. 205. Durham Parks and Recreation operates two indoor eight-lane pools which offers a number of water programs including exercise/fitness, rehabilitation & therapy, swim lessons, swim teams, lap swim, and family swim. Both pools now have portable aquatic lifts to assist patrons who may not have the ability to access the pool via vertical ladders or stair systems. We also maintain three outdoor seasonal pools for individuals and families to enjoy unstructured water activities. \*Please follow posted rules at each facility.

**CAMPUS HILLS AQUATICS CENTER**

2000 South Alston Avenue Phone: (919) 560-4781  
Hours of Operation: Monday-Thursday, 6 a.m. – 8 p.m.; Friday 6 a.m. – 7:30 p.m.; Saturday 9:30 a.m. – 5 p.m.; Sunday 1 p.m. – 5 p.m.

**Infants & Toddlers**

Parent-Tot Swim Class Age(s): (6 mos - 2 yrs old)  
\$40.00 (CR) \$50.00 (NCR)  
March 10-May 5 (Saturday) 10:00 a.m.-10:30 a.m.

Parent and child enter the water together. This class teaches the parent basic water skills and safety in and around the water. Learning is done through water exploration, play and songs. \* No class will be held on Saturday, April 7.

**Preschool**

ARC Preschool Swim Lessons Age(s): (3 - 5 years)  
\$40.00 (CR) \$50.00 (NCR)  
January 4-January 30 (Tuesday, Thursday) 6:30 p.m.-7:00 p.m.  
March 6-March 30 (Tuesday, Thursday)

6:00 p.m.-6:30 p.m.  
March 10-May 5 (Saturday) 10:00 a.m.-10:30 a.m.  
April 3-April 26 (Tuesday, Thursday) 6:00 p.m.-6:30 p.m.  
May 2-May 29 (Tuesday, Thursday) 6:00 p.m.-6:30 p.m.  
Preschoolers begin with water safety and basic survival skills. They then move on to learn the fundamentals of swimming. This course is designed to grow with preschoolers.

**Youth**

ARC Level I: Introduction to Water Skills Age(s): (6 - 12 years)  
\$45.00 (CR) \$56.25 (NCR)  
January 4-January 30 (Tuesday, Thursday) 6:15 p.m.-7:00 p.m.  
March 6-March 30 (Tuesday, Thursday) 6:45 p.m.-7:30 p.m.  
March 10-May 5 (Saturday) 10:45 a.m.-11:30 a.m.  
April 3-April 26 (Tuesday, Thursday) 6:45 p.m.-7:30 p.m.

May 1-May 25 (Tuesday, Thursday)  
7:00 p.m.-7:45 p.m.

This class is designed to help participants feel comfortable in the water and enjoy the water safely. Participants will learn to enter and exit the water safely, submerge mouth, nose and eyes, open eyes underwater, pick up a submerged object, change direction while walking or paddling, roll over from front to back and back to front with support, explore floating on front and back with support, and explore swimming on front and back using arms and legs with support.

**ARC Level II: Fundamental Aquatic Skills** Age(s): (6-12 years old)

\$45.00 (CR) \$56.25 (NCR)  
January 4-January 30 (Tuesday, Thursday)  
7:15 p.m.-8:00 p.m.  
March 10-May 5 (Saturday)  
10:45 a.m.-11:30 a.m.

This course is designed to give participants success with fundamental skills. Participants will learn to blow bubbles submerging head in a rhythmic pattern, float on back and front independently, perform front and back glide, and swim on front, back, and side using combined arm and leg actions. \*Requirements: Participants must be able to swim on front and back comfortably for 5 feet.

**ARC Level III: Stroke Development** Age(s): (6-12 years old)

\$45.00 (CR) \$56.25 (NCR)  
March 10-May 5 (Saturday)  
11:45 a.m.-12:30 p.m.

This course is designed to build on the skills learned in Level II by providing additional guided practice. Participants will learn to dive from a kneeling or standing position, rotary breathing in horizontal position, tread water using hand and leg movement, perform front and back crawl, butterfly kick and body motion. \* Requirements: Participants must be able to swim on front and back comfortably for 15 feet.

**ARC Level IV: Stroke Improvement** Age(s): (6-12 years old)

\$45.00 (CR) \$56.25 (NCR)  
March 10-May 5 (Saturday)  
11:45 a.m.-12:30 p.m.

This course develops confidence in strokes and improves other aquatic skills. Participants will learn to perform the following: front and back crawl, breaststroke, butterfly, and elementary backstroke. \* Requirements: participants must be able to swim 15 yards of front crawl and backstroke and 15 feet of butterfly kick with motion. \*\* No class on Saturday, April 7

**Marlins Swim Club** Age(s): (6-12 years old)  
\$50.00 (CR) \$62.50 (NCR)

January 15-February 9 (Monday, Wednesday, Friday)  
2:45 p.m.-4:00 p.m.  
March 5-March 31 (Monday, Wednesday, Friday)  
2:45 p.m.-4:00 p.m.  
March 8-May 24 (Thursday)  
6:00 p.m.-7:15 p.m.  
April 2-April 27 (Monday, Wednesday, Friday)  
2:45 p.m.-4:00 p.m.  
May 2-May 29 (Monday, Wednesday, Friday)  
2:45 p.m.-4:00 p.m.

Participants will refine their strokes, begin to swim with ease, efficiency, power and smoothness over greater distances. This is a non-competitive swim club that focuses on endurance and technique. Requirements: Participants must be able to swim 25 yards freestyle with rotary breathing, 25 yards backstroke and 25 yards breaststroke.

**Adaptive Aquatics** Age(s): (6-12 years old)  
\$45.00 (CR) \$56.25 (NCR)  
March 6-April 24 (Tuesday)  
7:15 p.m.-8:00 p.m.

This class is designed to teach children with

disabilities safe boundaries in and out of the water. Focus will be placed on the fundamental skills of swimming and water safety.

## Teens to Adult

**Adaptive Aquatics** Age(s): (13 years and older)  
\$45.00 (CR) \$56.25 (NCR)  
March 8-April 26 (Thursday)  
7:15 p.m.-8:00 p.m.

This class is designed to teach teens and adults with disabilities safe boundaries in and out of the water. Focus will be placed on the fundamental skills of swimming and water safety.

**ARC Lifeguard Interest List** Age(s): (15 years and older)  
Can't wait until May to get your lifeguard certification. Call 560-4444 and be placed on an interest list for the lifeguard class. Once we have enough individuals interested, a class will be set up.

**ARC Lifeguard Training Course** Age(s): (15 years and older)  
\$140.00 (CR) \$175.00 (NCR)  
May 4-May 13 (Friday\*, Saturday, Sunday)  
10:00 a.m.-6:00 p.m.

This course provides participants with the ARC certification for lifeguard. Course also includes CPR for the Professional Rescuer, AED Training, and First Aid Training. Participants must be able to swim 300 yards with 100 yards of front crawl, 100 yards of breaststroke (skill must be demonstrated using a pull, breathe, kick and glide sequence) and 100 yards of either front crawl or breaststroke. Participants must be able to swim 20 yards, retrieve a ten-pound object and return to starting point with their faces out of the water and two hands on the object. Class runs Friday 5/4 (6 p.m.-9 p.m.), Saturday 5/5 (10 a.m.-6:00 p.m.), Sunday 5/6 (10:00 a.m.-6:00 p.m.), Saturday 5/12 (10:00 a.m.-6:00 p.m.), and Sunday 5/13 (10:00 a.m.-6:00 p.m.).

**Triathlon Club** Age(s): (16 years and older)

No Cost  
March 13 (Tuesday)  
7:30 p.m.-8:30 p.m.  
Interested in being in a Triathlon, or are you already a competitor? Come to I. R. Holmes Sr. Recreation Center to find other individuals in the community wanting to train. This club is geared towards individuals who wish to have others to train with. This meeting will serve as a start point for individuals to set up training dates with triathletes. In addition, guest speakers will be brought in for members of the club throughout the spring to discuss triathlon related topics. Please contact Lizzie Burrill at 560-4444 for more information.

## Adults

**Durham Area Masters Swim Team** Age(s): (18 years and older)  
\$32.50 (CR) \$40.65 (NCR)  
January 3-February 28 (Monday, Wednesday, Friday)  
6:35 a.m.-8:00 a.m.  
January 3-May 30 (Monday, Wednesday)  
6:30 p.m.-8:00 p.m.  
January 5-May 25 (Friday)  
6:30 p.m.-7:30 p.m.  
January 6-May 26 (Saturday)  
8:00 a.m.-10:00 a.m.

March 1-May 30 (Monday, Wednesday, Friday)  
6:15 a.m.-8:00 a.m.  
DAMA is an adult swim team dedicated to improving stroke technique and swimming efficiency. Workouts are coached by Danielle Newton, who has four years of coaching experience with all ages. Members include triathletes, competitive and recreational swimmers. The team has a strong social component, including weekly dinners and occasional outings. See our website

for more information: <http://dama.nseg.com>. \* The fee listed above is a monthly fee. Those interested in participating can also pay a drop in practice fee.

**Adult Beginner Swim Class** Age(s): (18 years and older)  
\$45.00 (CR) \$56.25 (NCR)  
March 6-April 24 (Tuesday)  
6:15 p.m.-7:00 p.m.  
This class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills.

## Adults to Mature Adults

**Water Aerobics Medium/High Intensity** Age(s): (15 and older)  
\$4.00 (CR) \$5.00 (NCR)  
January 2-May 31 (Monday-Thursday)  
7:00 p.m.-7:45 p.m.  
January 2-February 6 (Tuesday)  
2:15 p.m.-3:00 p.m.  
January 3-May 30 (Monday, Wednesday, Friday)  
12:00 p.m.-12:45 p.m.  
This class offers a total workout while protecting joints from the pounding of a traditional land aerobics class. The program is designed to utilize the natural resistance of water allowing muscle toning, cardiovascular endurance and increase in flexibility. No swimming ability necessary. Participants can purchase a 16 punch pass for \$42.00 (CR) and \$52.50 (NCR). \* please inquire about senior discounts.

## General Public

**Lap Swim/ Personal Exercise** Age(s): (All Ages)  
\$2.00 (CR) \$2.50 (NCR)  
January 2-May 26 (Saturday)  
9:30 a.m.-5:00 p.m.  
January 2-May 31 (Monday-Thursday)  
6:00 a.m.-8:00 p.m.  
January 5-May 25 (Friday)  
6:00 a.m.-7:30 p.m.  
January 6-May 26 (Sunday)  
1:00 p.m.-5:00 p.m.  
The number of lap lanes available is dependent upon scheduled programs. Participants can also purchase multiple use and punch passes. Please call 560-4444 for more information.

**Recreation Swim** Age(s): (All Ages)  
\$2.00 (CR) \$2.50 (NCR)  
January 2-May 31 (Monday-Friday)  
1:00 p.m.-4:00 p.m.  
January 6-May 27 (Saturday, Sunday)  
1:00 p.m.-5:00 p.m.  
This is a time to enjoy unstructured water activities with friends and family. Time may be shortened due to facility programming. Children under 5 years old and 48 inches must be accompanied by an adult in the water, and children under 9 years old but over 48 inches must have an adult present in the pool area.

**Private and Semi-Private group rentals** Age(s): (All ages)  
Private and semi-private group rentals are offered through the year for parties and events. Rates vary depending on the number of participants and the hours. For more information please contact Lizzie Burrill at 560-4444.

## Mature Adults

**Senior Water Orientation** Age(s): (55 years and older)  
No Cost  
March 9-March 9 (Friday)  
March 23-March 23 (Friday)  
April 13-April 13 (Friday)  
April 27-April 27 (Friday)  
May 11-May 11 (Friday)  
9:00 a.m.-9:45 a.m.

This class is designed to help participants feel more comfortable in the water. No swimming experience is necessary. Participants will practice floating, moving through the water, kicking and breathing. This class is limited to 10 participants and pre-registration is required.

**Senior Beginner Swim Class** Age(s): (55 years and older)  
\$45.00 (CR) \$56.25 (NCR)  
March 5-March 28 (Monday, Wednesday)  
10:15 a.m.-11:00 a.m.  
May 1-May 24 (Tuesday, Thursday)  
10:30 a.m.-11:15 a.m.

This class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. This class is designed to meet the physical limitations of the participants.

## EDISON JOHNSON AQUATICS CENTER

600 W. Murray Avenue Phone: (919) 560-4265  
Hours of Operation: Monday-Thursday, 6 a.m. – 8 p.m.; Friday, 6 a.m. – 7:30 p.m.; Saturday 9:30 a.m. – 5 p.m. and Sunday 1 p.m. – 5 p.m.

## Infants & Toddlers

**Parent-Tot Aquatic Lessons** Age(s): (6 mos - 2 yrs)  
\$40.00 (CR) \$50.00 (NCR)  
January 20-March 10 (Saturday)  
9:40 a.m.-10:10 a.m. Registration begins 1/8/07  
February 6-March 1 (Tuesday and Thursday)  
5:30 p.m.-6:00 p.m. Registration begins 1/8/07  
March 6-March 29 (Tuesday and Thursday)  
5:30 p.m.-6:00 p.m. Registration begins 2/5/07  
March 24-May 19 (Saturday)  
9:40 a.m.-10:10 a.m. No class 4/7/07 and registration begins 3/5/07  
April 3-April 26 (Tuesday and Thursday)  
5:30 p.m.-6:00 p.m. Registration begins 3/5/07  
May 1-May 24 (Tuesday, Thursday)  
5:30 p.m.-6:00 p.m. Registration begins 4/2/07  
Parent and child enter the water together. This class teaches the parent basic water skills and child safety in and around the water. Learning is done through water exploration, play, and songs.

## Preschool

**Preschool Swim Lessons** Age(s): (3-5 years)  
\$40.00 (CR) \$50.00 (NCR)  
January 20-March 10 (Saturday)  
9:40 a.m.-10:10 a.m. Registration 1/8/07  
January 20-March 10 (Saturday)  
10:20 a.m.-10:50 a.m. Registration 1/8/07  
February 5-February 28 (Monday and Wednesday)  
5:30 p.m.-6:00 p.m. Registration 1/8/07  
February 6-March 1 (Tuesday and Thursday)  
6:10 p.m.-6:40 p.m. Registration 1/8/07  
March 5-March 28 (Monday and Wednesday)  
5:30 p.m.-6:00 p.m. Registration 2/5/07  
March 6-March 29 (Tuesday and Thursday)  
6:10 p.m.-6:40 p.m. Registration 2/5/07  
March 24-May 19 (Saturday)  
9:40 p.m.-10:10 p.m. No class 4/7/07 and registration begins 3/5/07  
March 24-May 19 (Saturday)  
10:20 a.m.-10:50 a.m. No class 4/7/07 and registration begins 3/5/07  
April 2-April 25 (Monday and Wednesday)  
5:30 p.m.-6:00 p.m. Registration begins 3/5/07  
April 3-April 26 (Tuesday and Thursday)  
6:10 p.m.-6:40 p.m. Registration begins 3/5/07  
April 30-May 23 (Monday, Wednesday)  
5:30 p.m.-6:00 p.m. Registration begins 4/2/07  
May 1-May 24 (Tuesday, Thursday)  
6:10 p.m.-6:40 p.m. Registration begins 4/2/07  
Classes are offered based on the American Red Cross Learn-to-Swim program. Preschoolers begin with water adjustment and progress to basic



water skills and swimming. They also learn about personal water safety and basic rescue. Students in the class will be grouped according to their skill level. Students in the class will be grouped according to their skill level on the first day of class.

## Youth

**Youth Swim Lessons: Levels I, II, III** Age(s): (6-12 yrs)  
\$45.00 (CR) \$56.25 (NCR)

January 20-March 10 (Saturday)

10:20 a.m.-11:05 a.m. \*Registration begins 1/8/07\*

February 5-February 28 (Monday and Wednesday)

6:10 p.m.-6:55 p.m. \*Registration begins 1/8/07\*

March 5-March 28 (Monday and Wednesday)

6:10 p.m.-6:55 p.m. \*Registration begins 2/5/07\*

March 24-May 19 (Saturday)

10:20 a.m.-11:05 a.m. \*No Class 4/7/07 and

Registration begins 3/5/07\*

April 2-April 25 (Monday and Wednesday)

6:10 p.m.-6:55 p.m. \*Registration begins 3/5/07\*

April 30-May 23 (Monday and Wednesday)

6:10 p.m.-6:40 p.m. \*Registration begins 4/2/07\*

Levels I, II, and III of the American Red Cross Learn-to-Swim program are offered. In these levels, children are introduced to the water, learn basic water skills, and progress to swimming 15 yards on their front and back. Instruction also includes personal water safety and basic water rescue. Students in this class will be grouped according to their skills level on the first day of class.

**Youth Swim Lessons: Levels III, IV, V** Age(s): (6-12 yrs)  
\$45.00 (CR) \$56.25 (NCR)

February 6-March 1 (Tuesday and Thursday)

6:50 p.m.-7:35 p.m. \*Registration Begins 1/8/07\*

March 6-March 29 (Tuesday and Thursday)

6:50 p.m.-7:35 p.m. \*Registration begins 2/5/07\*

April 3-April 26 (Tuesday and Thursday)

6:50 p.m.-7:35 p.m. \*Registration begins 3/5/07\*

May 1-May 24 (Tuesday, Thursday)

6:50 p.m.-7:35 p.m. \*Registration Begins 4/2/07\*

Levels III, IV, & V of the American Red Cross Learn-to-Swim program are offered. In these levels, children learn to swim different strokes, for increasing distances. Students also learn skills for personal water safety and basic rescue. To qualify for this class, a child must be able to swim, unsupported, for at least 15 feet on his front and back. Students in this class will be grouped according to skill level on the first day of class.

**Youth Swim Lessons: Levels I - V** Age(s): (6-12 yrs)  
\$45.00 (CR) \$56.25 (NCR)

January 20-March 10 (Saturday)

11:15 a.m.-12:00 a.m. \*Registration Begins 1/8/07\*

March 24-May 19 (Saturday)

11:15 a.m.-12:00 a.m. \*No Class 4/7/07 and

Registration Begins 3/5/07\*

Beginner, Intermediate, and Advanced levels (I – V) of the American Red Cross program will be offered. All students are taught fundamentals of swimming, personal water safety, and basic water rescue. Students in this class will be grouped according to skill level on the first day of class.

**Mini-Marlins Swim Club** Age(s): (5 - 12 years)  
\$50.00 (CR) \$62.50 (NCR)

February 5-March 2 (Monday, Wednesday, Friday)

1:00 p.m.-2:00 p.m. \*Registration begins 1/8/07\*

March 5-March 30 (Monday, Wednesday, Friday)

1:00 p.m.-2:00 p.m. \*Registration begins 2/5/07\*

April 2-April 27 (Monday, Wednesday, Friday)

1:00 p.m.-2:00 p.m.

\*No class on 4/6, make-up on 4/5, Registration

begins 3/5/07\*

April 30-May 25 (Monday, Wednesday, Friday)

1:00 p.m.-2:00 p.m. \*Registration begins 4/2/07\*

This program introduces students to competitive swimming skills. The emphasis is on stroke development, speed and endurance. Participants must have completed Red Cross Level IV to swim

in the Mini-Marlins Swim Club. They must be able to swim 25 yards freestyle with rotary breathing, 25 yards backstroke & 25 yards breaststroke.

**Marlins Swim Club** Age(s): (5 - 12 years)  
\$55.00 (CR) \$68.75 (NCR)

February 5-March 2 (Monday, Wednesday, Friday)

1:00 p.m.-2:30 p.m. \*Registration begins 1/8/07\*

March 5-March 30 (Monday, Wednesday, Friday)

1:00 p.m.-2:30 p.m. \*Registration begins 2/5/07\*

April 2-April 27 (Monday, Wednesday, Friday)

1:00 p.m.-2:30 p.m.

\*No class on 4/6, make-up on 4/5, Registration

begins 3/5/07\*

April 30-May 25 (Monday, Wednesday, Friday)

1:00 p.m.-2:30 p.m. \*Registration begins 4/2/07\*

This program focuses on the competitive sport of swimming. Students learn racing starts and turns. They will also participate in drills which are designed for refining strokes and building speed and endurance. Participants must have completed Red Cross Level V to swim in the Marlins Swim Club. They must be able to swim 50 yards freestyle with rotary breathing, 50 yards backstroke, 50 yards backstroke & 25 yards butterfly.

## Teen to Adult

**Adult Swim Lessons** Age(s): (13 years and up)  
\$45.00 (CR) \$56.25 (NCR)

February 5-February 28 (Monday and Wednesday)

7:05 p.m.-7:55 p.m. \*Registration begins 1/8/07\*

March 5-March 28 (Monday and Wednesday)

7:05 p.m.-7:55 p.m. \*Registration begins 2/5/07\*

April 2-April 25 (Monday and Wednesday)

7:05 p.m.-7:55 p.m. \*Registration begins 3/5/07\*

April 30-May 23 (Monday and Wednesday)

7:05 p.m.-7:50 p.m. \*Registration begins 4/2/07\*

This class is designed for beginner and intermediate swimmers. Students are divided into appropriate groups during the first class based on skill level. All students are taught the fundamentals of swimming, personal water safety, and basic water rescue.

**Special Olympics Aquatics** Age(s): (8 and older)

February 28-May 30 (Wednesday)

7:00 p.m.-8:00 p.m.

Competitive aquatics program for Special Olympics Athletes ages 8 and older - must be able to swim one length of the pool (25 yards) independently. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

**Lifeguard Training Classes** Age(s): (15 years and up)  
\$140.00 (CR) \$175.00 (NCR)

Eight sessions are being offered:

I: February 16-February 25 (Friday 5:30-8:30 p.m.

Saturday 9 a.m.-5 p.m., Sunday Noon-6 p.m.)

II: March 2-March 11 (Friday 5:30-8:30 p.m.

Saturday 9 a.m.-5 p.m., Sunday Noon-6 p.m.)

III: March 16-March 25 (Friday 5:30-8:30 p.m.

Saturday 9 a.m.-5 p.m., Sunday Noon-6 p.m.)

IV: April 9 – 13 (Monday – Friday, 8 a.m. – 6 p.m.)

V: April 13-April 27 (Friday 5:30-8:30 p.m.

Saturday 9 a.m.-5 p.m., Sunday Noon-6 p.m.)

VI: April 27-May 6 (Friday 5:30-8:30 p.m.

Saturday 9 a.m.-5 p.m., Sunday Noon-6 p.m.)

VII: May 11-May 20 (Friday 5:30-8:30 p.m.

Saturday 9 a.m.-5 p.m., Sunday Noon-6 p.m.)

VIII: June 1-June 10 (Friday 5:30-8:30 p.m.

Saturday 9 a.m.-5 p.m., Sunday Noon-6 p.m.)

Upon successful completion of this newly revised course, participants will be certified as American Red Cross Lifeguards. Course includes CPR/AED for the Professional Rescuer and First Aid Training. To enroll, participants must be able to swim 300 yards continuously using the following strokes: 100 front crawl, 100 breaststroke and 100 yards of either front crawl or breaststroke. Participants must also be able to swim 20 yards,

retrieve a ten-pound object and return to the starting point with their faces out of water and two hands on the object. The class fee includes participant's manual and pocket mask. Please note Session IV (April 9-13) is being offered during Durham Public Schools' spring break and it is free to students of Durham Public Schools. Participants must fill out an application, obtainable at the facility. Limited space available.

**Lifeguard Instructor Class** Age(s): (17 years and up)  
\$140.00 (CR) \$175.00 (NCR)

April 9-April 13 (Monday-Friday, 8:00 a.m.-6:00 p.m.)

May 4-May 13 (Friday 5:30-8:30 p.m., Saturday

& Sunday 8 a.m.-6 p.m.)

Upon successful completion of this class, participants will be certified to teach the new American Red Cross Lifeguard Training Class (revised 2007). Participants must be at least 17 years of age and will have to pass a seven hour pre-course session. To enroll in this class, students must possess certification in CPR/AED for the Professional Rescuer (revised 2006). Class fee includes Lifeguard Instructor Manual. Participants will also need a copy of the Lifeguard Training manual (revised 2007); this manual may be purchased at our facility for \$35.

**CPR/AED for the Professional Rescuer** Age(s): (16 years and up)

\$70.00 (CR) \$87.50 (NCR)

March 31-March 31 (Saturday) 8:00 a.m.-6:00 p.m.

April 28-April 28 (Saturday) 8:00 a.m.-6:00 p.m.

This class certifies participants in CPR/AED for the Professional Rescuer, based on the 2006 revisions. Lifeguards who need to renew their CPR for the Professional Rescuer should enroll in this course. The class fee includes participant's manual and pocket mask. The class fee for participants who already have a pocket mask is \$60 for CR and \$75 for NCR.

**Water Safety Instructor** Age(s): (16 years and up)

\$150.00 (CR) \$187.50 (NCR)

April 15-May 3 (Tuesday & Thursday 5:30-9

p.m., Sunday Noon-6 p.m.)

May 9-June 2 (Monday & Wednesday 5:30-9

p.m., Saturday 9 a.m.-3 p.m.)

No Class May 12 and 28

Upon successful completion of this course, participants will be certified to teach American Red Cross Learn-to-Swim classes. Participants must be 16 years old and need to pass a swimming pre-test consisting of: 25 yards front crawl, 25 yards back crawl, 25 yards breaststroke, 25 yards elementary backstroke, 25 yards sidestroke, 15 yards butterfly, back float for one minute and treading water for one minute. The class fee includes participant's manual.

**Deep Water Aerobics** Age(s): (15 years and up)  
\$4.00 (CR) \$5.00 (NCR)

January 6-June 2 (Saturday)

9:45 a.m.-10:30 a.m.

January 3-June 1 (Monday, Wednesday, Friday)

8:00 a.m.-8:45 a.m.

This invigorating class is conducted in deep water. This program is designed to give a total body workout. Sessions include cardio, toning and stretching components. Participants should be comfortable in the deep water, even though flotation will be used. There are \$42/16 punch passes for City Residents and \$52.50/16 punch passes for Non-City Residents available.

**Shallow Water Aerobics** Age(s): (15 years and up)  
\$4.00 (CR) \$5.00 (NCR)

January 2-May 31 (Monday-Thursday)

6:15 p.m.-7:00 p.m.

January 6-June 2 (Saturday)

11:00 a.m.-11:45 a.m.

This class offers a total workout while protecting

joints from the pounding of a traditional land aerobics class. The program is designed to utilize the natural resistance of water allowing muscle tonight, cardiovascular endurance and increase flexibility. Participants do not need to know how to swim to join. There are \$42.00/16 punch passes for City Residents and \$52.50/16 punch passes for Non-City Residents.

## Mature Adults

**Aqua Arthritis** Age(s): (55 years and up)

\$4.00 (CR) \$5.00 (NCR)

January 3-June 1 (Monday, Wednesday and

Friday)

11:15 a.m.-12:00 p.m.

Exercises are specific to those individuals suffering from debilitating disorders such as Arthritis and Fibromyalgia. Focus is placed on increasing participants' ability to perform daily activities with reduced discomfort. There are \$42/16 punch passes for City Residents and \$52.50/16 punch passes for Non-City Residents available.

**Senior Water Aerobics** Age(s): (55 years and up)  
\$4.00 (CR) \$5.00 (NCR)

January 3-June 1 (Monday, Wednesday and

Friday)

10:00 a.m.-10:45 a.m.

This class offers a total water workout while enjoying a social atmosphere. The program is designed to utilize the natural resistance of water allowing for muscle toning, cardiovascular endurance, and increase flexibility. Participants do not need to know how to swim to join. There are \$42/16 punch passes for City Residents and \$52.50/16 punch passes for Non-City Residents available.

## General Public

**Recreational Swim** Age(s): (all ages)

\$2.00 (CR) \$2.50 (NCR)

January 5-June 1 (Friday)

6:00 p.m.-7:30 p.m.

January 6-June 3 (Saturday, Sunday)

1:00 p.m.-5:00 p.m.

This is a time to enjoy unstructured water activities with friends and family. Recreational swim times are subject to change, depending on scheduled activities.

**Lap Swim** Age(s): (all ages)

\$2.00 (CR) \$2.50 (NCR)

January 2-May 31 (Monday-Thursday)

6:00 a.m.-8:00 p.m.

January 5-June 1 (Friday) 6:00 a.m.-7:30 p.m.

January 6-June 2 (Saturday) 9:30 a.m.-5:00 p.m.

January 7-June 3 (Sunday) 1:00 p.m.-5:00 p.m.

During lap swim times, patrons may utilize the facility's aquatic fitness devices. Lanes are available for swimming or personal water exercise. Patrons may purchase daily admissions or multiple-use "punch passes" that are available at a reduced rate. The number of lap lanes available will be based on the current program schedule.

**Private and Semi-private Group Rentals** Age(s): (all ages)

Private and Semi-private group rentals are offered throughout the year for parties and events. Rates vary depending on the number of participants and the hours reserved. For more information, call 560-4265.

**Lane Rentals** Age(s): (all ages)

Cost: \$8.00 per lane per hour

Lane Rentals are available for swim teams and other groups. Availability varies depending on facility schedule. For more information, call 560-4265.

## ATHLETICS

Address: 400 Cleveland Street. Durham NC, 27701 Phone: 560-4355, Hours of Operation: Monday-Friday, 8:00 am – 5:00 pm  
Recreation Manager: Tammy Brown, (919) 560-4355, ext. 226, tammy.brown@durhamnc.gov,

### DODGEBALL

**Adult Dodgeball** Age(s): (17 and Up) Cost: \$140.00 per team  
Registration Dates: February 5 & 6, 9:00 a.m.-7:00 p.m.  
Registration Location: 400 Cleveland Street  
Season: Games will begin the week of March 8.  
Contact: Ema Temu, (919) 560-4355, ext. 240,  
Email: Ema.Temu@durhamnc.gov  
Scheduled leagues are Mens, Womens, Coed.

### BASEBALL

**13-15 Youth Baseball** Age(s): (13 - 15)  
Cost: No Cost  
Registration Dates: March 2 -March 29, 9:00 a.m. - 7:00 p.m.  
Registration Location: 400 Cleveland St.  
Season: Games will begin the week of April 16.  
Contact: Ema Temu, (919) 560-4355, ext. 240,  
Email: Ema.Temu@durhamnc.gov  
Games are held during the week.

**Adult Baseball** Age(s): (17 and up) Cost: \$500.00  
Registration Dates: April 2-April 4, 9:00 a.m. - 7:00 p.m.  
Registration Location: 400 Cleveland St.  
Season: Games will begin the week of April 16.  
Contact: Ema Temu, (919) 560-4355, ext. 240,  
Email: Ema.Temu@durhamnc.gov  
Games are during the week and on Saturday's.

### TENNIS

**Junior Tennis League**  
Age(s): (12-18) Cost: prices vary  
Registration Dates: February 1-March 5  
Registration Location: <http://teamentennis.usta.com>  
Season: March-May  
Contact: Jen Buxton, (919) 560-4355, ext. 229,  
Email: Jennifer.Buxton@durhamnc.gov  
Co-ed tennis league in Durham and Orange County  
**Mixed Doubles League** Age(s): (19 and up) Cost: \$13 for adults, \$11 for seniors  
Registration Dates: April 23-May 29

Registration Location: <http://national.usta.com/leagues/>  
Season: June-August  
Contact: Jen Buxton, (919) 560-4355, ext. 229,  
Email: Jennifer.Buxton@durhamnc.gov  
Contact us if you need help finding a team

**USA Spring Tennis League** Age(s): (19 and up)  
Cost: \$20 adult and \$12 for seniors  
Registration Dates: January 14-March 14  
Registration Location: <http://national.usta.com/leagues/>  
Season: Late February-April  
Contact: Tammy Brown, (919) 560-4355, ext. 226,  
Email: Tammy.Brown@durhamnc.gov  
Contact us if you need help finding a team

**Adult Tennis Lessons-Mon/Wed evenings**  
Age(s): (18 and up) Cost: \$50 per session  
Registration Dates: ongoing  
Registration Location: By mail or in person  
Season: March, April, and May  
Contact: Jen Buxton, (919) 560-4355, ext. 229,  
Email: Jennifer.Buxton@durhamnc.gov  
6 lessons for \$50

**Adult Tennis Lessons-Tues/Thur evenings** Age(s): (18 and up) Cost: \$50 per session  
Registration Dates: ongoing  
Registration Location: By mail or in person  
Season: March, April, and May  
Contact: Jen Buxton, (919) 560-4355, ext. 229,  
Email: Jennifer.Buxton@durhamnc.gov  
6 lessons for \$50

### SOCCER

**Durham Girls Soccer League** Age(s): (7-13) Cost: \$35 per child  
Registration Dates: February 1-March 5  
Registration Location: By mail or in person  
Season: March-May  
Contact: Jen Buxton, (919) 560-4355, ext. 229,  
Email: Jennifer.Buxton@durhamnc.gov  
Find the registration form at [www.DGSL.org](http://www.DGSL.org)

**Women's 30+ Adult Soccer** Age(s): (30 and up)  
Cost: \$535.00 per team  
Registration Dates: February 12 & 13, 5:00 p.m.-8:00 p.m.  
Registration Location: 400 Cleveland St.  
Season: Games begin the week of March 12.  
Contact: Ricky Leathers, (919) 560-4355, ext. 237, Email: Ricky.Leathers@durhamnc.gov  
Games played on Wednesday nights.

**Men's and Women's Open Adult Soccer**  
Age(s): (17 and up) Cost: \$795.00 per team  
Registration Dates: February 12 & 13, 5:00 p.m.-8:00 p.m.  
Registration Location: 400 Cleveland Street  
Season: Games begin the week of March 12.  
Contact: Ricky Leathers, (919) 560-4355, ext. 237, Email: Ricky.Leathers@durhamnc.gov  
Women play Tues/Thurs & Men play Mon/Wed

### SOFTBALL

**Spring Adult Softball** Age(s): (17 and up) Cost: \$495.00 per team  
Registration Dates: March 13 & 14, 5:00 p.m.-8:00 p.m.  
Registration Location: 400 Cleveland St.  
Season: Games begin the week of April 2.  
Contact: Ricky Leathers, (919) 560-4355, ext.237,  
Email: Ricky.Leathers@durhamnc.gov  
Men's, Women's, and Co-Ed Leagues.

### ADULT

**Adult Volleyball** Age(s): (17 and Up) Cost: \$80.00 per team  
Registration Dates: February 12 & 13, 5 p.m. – 8 p.m.  
Registration Location: 400 Cleveland Street  
Season: Games will begin the week of March 12  
Contact: Michael Patterson, (919) 560-4355, ext: 221  
Email: Michael.Patterson@durhamnc.gov

### YOUTH

**Youth Flag Football** Age(s): (6 - 14) Cost: \$20.00 per child



Registration Dates: February 5-9, 9 a.m. – 5 p.m.  
Registration Location: 400 Cleveland Street  
Season: Games will begin the week of March 10  
Contact: Michael Patterson, (919) 560-4355, ext: 221  
Email: Michael.Patterson@durhamnc.gov

**Youth Summer Basketball** Age(s): (5-14) Cost: \$20.00 per child  
Registration Dates: May 21-24 & May 29-31, 9 a.m. – 5 p.m.  
Registration Location: 400 Cleveland Street  
Season: Games will begin the week of June 11  
Contact: Michael Patterson, (919) 560-4355, ext: 221  
Email: Michael.Patterson@durhamnc.gov

**PAC Basketball League** Age(s): (15-18) No Cost  
Registration Dates: May 21-24 & May 29-31, 9 a.m. – 5 p.m.  
Registration Location: 400 Cleveland Street  
Season: Games will begin the week of June 11  
Contact: Michael Patterson, (919) 560-4355, ext: 221  
Email: Michael.Patterson@durhamnc.gov

## SPECIAL POPULATIONS/INCLUSION

Recreation Manager: Sarah Hogan, (919) 560-4355, ext 236, Sarah.Hogan@durhamnc.gov., Special Populations/Inclusion seeks to offer diverse recreational and leisure programs for persons with disabilities. We provide tailored programs for participants based on their disability and also make accommodations within our public programs for those with special needs. Citizens interested in programs are encouraged to contact the program site to inquire and register.

**INCLUSIVE AFTERSCHOOL, INTERSESSION, AND FUN DAYS** - Durham Parks and Recreation offers Inclusive Support for after-school services, Intersession and Fun Days for children ages 5-12. These programs provide inclusion support or sign language interpreters. Inclusion is when everyone, children and adults, with and without disabilities, participate side by side in recreation programs and events. Intersession will be available at the following Recreation Centers: Edison Johnson (600 W. Murray Avenue) 560-4270 • I.R. Holmes Recreation Center (2000 S. Alston Ave.) 560-4444

## COMMUNITY FAMILY LIFE AND RECREATION CENTER AT LYON PARK

### Youth & Teens

**Explorer's Afterschool** Age(s): (13-21)  
\$25.00 (CR) \$30.00 (NCR)  
January 3-June 8 (Monday-Friday)  
2:30 p.m.-6:00 p.m.  
An after- school recreational program for youth 13-21 with developmental disabilities. Contact:

Kendrick Vann to receive a registration packet at 560-4288, ext 223

**Discovery After School Program** Age(s): (5-21)  
\$25.00 (CR) \$30.00 (NCR)  
January 3-June 8 (Monday - Friday)  
2:30 p.m.-6:00 p.m.  
An after- school recreational program for children 5-21 with developmental disabilities. Contact: Kendrick Vann to receive a registration packet at 560-4288, ext 223

**Discovery Explorer Fun Days** Age(s): (5-21)  
\$20.00 (CR) \$25.00 (NCR)  
December 21 (Thursday) & December 22 (Friday)  
7:30 a.m.-6:00 p.m.  
An after- school recreational program for children

5-21 with developmental disabilities. This program is offered on the following days that Durham Public School (traditional calendar) has student vacation days: Oct. 30, Nov. 10, Nov. 22, Dec. 21 and Dec. 22. Please Contact: Kendrick Vann at 560-4288, ext 223 to receive a registration packet.

## EDISON JOHNSON AQUATICS CENTER

### Teens to Adult

**Special Olympics Aquatics** Age(s): (8 and older)  
No Cost  
February 28-May 30 (Wednesday)

7:00 p.m.-8:00 p.m.  
Competitive aquatics program for Special Olympics Athletes ages 8 and older - must be able to swim one length of the pool (25 yards) independently. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

## Adults to Mature Adults

**ARC Dances** Age(s): (18 and up) No Cost  
Saturday 7:00 p.m.-9:00 p.m.  
Monthly dances for persons with developmental disabilities, their families and friends January 20, February 17, March 17, April 21, May 19.  
A \$2.00 contribution to the Arc of Durham is requested. Contact the Arc at 493-8141 or Kristen Randall at 560-1301.



EDISON JOHNSON  
RECREATION CENTER

Youth

**Friday Fun Nights** Age(s):(5-12)  
\$5.00 (CR) \$5.00 (NCR)  
January 19-May 18 (Friday)  
6:00 p.m.-9:00 p.m.  
Friday Fun Nights are inclusive opportunities for children with and without disabilities to play together. These are held on the third Friday of every month (September 15, October 20, November 17, December 15) Contact Kristen Randall 560-1301.

IRWIN .R. HOLMES  
SR, RECREATION  
CENTER

Teens to Adult

**Beepball** Age(s):(14 and older)  
No Cost  
April 10-July 31 (Tuesday)  
6:00 p.m.-8:00 p.m.  
Competitive softball for individuals with various levels of vision impairment. Join the Durham Sluggers - 2006 NC/SC Beepball Champions! Volunteers are welcome. Games are on Saturdays in June and July. Play will wrap up as the Sluggers defend their tournament championship in late July. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

Teens to Adult

**Power Soccer** Age(s):(8 and older)  
No Cost  
January 9-May 29 (Tuesday)  
4:00 p.m.-5:30 p.m.  
This action-packed team sport for people who use electric wheelchairs is full of speed and power. The Carolina Cruisers power soccer team provides an opportunity for individuals to play hard and enjoy an action-packed, competitive challenge. Do you have the spirit of an athlete and the will to win? Get ready to attack, defend, maneuver, and score points on goal...all while building teamwork, communication, perseverance and good sportsmanship! Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

W.D. HILL REC CENTER

Adults to Mature Adults

**Sharing Group** Age(s):(18 and older)  
No Cost  
January 4-May 31 (Thursday)  
7:00 p.m.-9:00 p.m.  
A support and education group for persons with vision impairments. Individuals just beginning to experience vision loss are encouraged to attend.

Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

**Adaptive Needlecraft** Age(s):(18 and older)  
No Cost  
January 3-May 30 (Wednesdays)  
10:00 a.m.-12:00 p.m.  
Class is designed for persons with vision impairments. Participants will learn needle craft. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

**Braille Class** Age(s):(18 and older)  
No Cost  
January 8-May 28 (Monday)  
10:00 a.m.-12:00 p.m.  
Class teaches basic and intermediate Braille. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

VARIOUS SITES/  
LOCATIONS

Youth

**Basketball** Age(s):(5 to 13 years old)  
No Cost  
January 6-March 3 (Saturday)  
10:00 a.m.-12:00 p.m.  
8 week sports program for children with disabilities. This program will work on social skills, team building and sport skills.

Youth & Teens

**DPR Afterschool/Inclusion** Age(s):(5-12)  
\$25.00 (CR) \$30.00 (NCR)  
August 28-December 20 (Monday-Friday)  
3:00 p.m.-6:00 p.m.  
ALL DPR after-school programs encourage children with disabilities to be included in programs and services. For additional information contact Kendrick Vann (560-4288 ext. 223) or call the recreation center nearest you.

Teens to Adult

**Special Olympics Cheerleading** Age(s):(8 and older)  
No Cost  
January 7-February 25 (Sunday)  
3:30 p.m.-5:00 p.m.  
Competitive cheerleading program for Special Olympics Athletes ages 8 and older. Practices are at the Lakewood YMCA (Gymnastics Room). We will compete at the State Games (February 24-25). In addition, we will cheer at Special Olympics basketball games and support various Special Olympics events. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

**Special Olympics Basketball** Age(s):(14 and older)  
No Cost  
January 7-February 25 (Sunday)  
4:00 p.m.-8:00 p.m.  
Competitive sports program for Special Olympics Athletes ages 14 and older. For more information contact Kristen Randall at 560-1301.

Adults to Mature  
Adults

**Blind Bowling** Age(s):(18 and older)  
\$5.40 (CR) \$5.40 (NCR)  
January 3-May 30 (Wednesday)  
6:30 p.m.-9:30 p.m.  
Competitive bowling league for individuals with various degrees of vision impairment. Come join the Durham Pin Devils Blind Bowling league at AMF Lanes (4508 Durham-Chapel Hill Blvd)! Volunteers are also welcome! Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov to sign up or for more information.

Mature Adults

**Senior Cheerleading** Age(s):(55 and better)  
No Cost  
January 3-April 13 (Wednesday and Friday)  
11:30 a.m.-1:00 p.m.  
Durham's new Senior Cheerleading Team...join in on the fun and show your spirit. Want to keep your mind and body active, while having a great time? Women and men are welcome! Practices are Wednesdays and Fridays at the Center for Senior Life. We plan to perform at the Durham Senior Games in April and support other events throughout Durham. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.



YOUTH AFTER SCHOOL PROGRAM (ages 5-12)

\$25.00 per week CR; \$30.00 per week NCR)  
Monday – Friday, 3:00 pm – 6:00 pm  
The following sites operate After School programs based on the Durham Public Schools year round (providing programs during Intersession breaks) and traditional school calendar.

- Edison Johnson Recreation Center (600 West Murray Avenue) 560-4270
- I. R. Holmes, Sr. Recreation Center at Campus Hills (2000 South Alston Avenue), 560-4444

The following sites operate After School programs based on the Durham Public Schools Traditional School calendar:

- W. D. Hill Recreation Center (1308 Fayetteville St.) 560-4292
- Weaver Street Recreation Center (3000 Weaver Street) 560-4294
- East Durham Neighborhood Center (2615 Harvard Ave.) 560-4278
- E. D. Mickle Neighborhood Center (1204 North Alston Ave.) 560-4284
- T.A. Grady neighborhood center (531 Lakeland Avenue) 560-4280
- W. I. Patterson Neighborhood Center (2614 Crest Street) 560-4560
- Walltown Neighborhood Center (1300 Club Blvd.) 560-4296

The after school sites below are only for residents in that neighborhood:

- Club Blvd. (2415 Glennbrook Drive) 560-4355, ext. 210
- Liberty Street (131 Commerce Street) 560-4355, ext. 210
- Hoover Road (1129 Hoover Road) 560-4355, ext. 210

\*The sliding fee scale applies to the afterschool programs. For more information call 560-4355

Special Populations/Inclusion Unit

**INCLUSION AFTERSCHOOL**  
The Special Populations/Inclusion Division now offers Inclusion After School services, Intersession and Fun Days Opportunities for children ages 5-12. Inclusion services are provided to assist and support children with disabilities to fully participate in the programs and events. Inclusion services are available at ALL Recreation Centers:

To register for these services please contact the Recreation Center of your choice and mention your need for inclusion services. Please also contact Kristen Randall, 560-1301 (for Edison Johnson or Walltown Recreation Centers), Whitney Watts, 560-4292 (I.R. Holmes, Sr. or WD Hill Recreation Centers) or Kendrick Vann, 560-4288 (for any other DPR Recreation Center) at least 48 hours in advance to discuss your specific needs.

**MEDICATION POLICY**

Participants who take medication during programs are required to complete a *Medication Information and Waiver Form* and return it before the program begins

## CANINE RECREATION - DOG PARK

Contact: Lorita Dudus (919) 560-4355, ext 220 [durhamdogpark@durhamnc.gov](mailto:durhamdogpark@durhamnc.gov)

Dog owners represent a large and growing segment of our community. Access to open space for off-leash play and socialization is very important. The City of Durham Parks and Recreation Department provides "Dogapalooza Park" that is multi-functional for a safe and controlled environment for dogs and their owners.

Dogapalooza Park is located at Pineywood Park. The Park sits on 3 acres of land and has 4 separate fenced in areas. Amenities include water fountains, mutt mitt dispensers/waste receptacles, benches and kiosks. Dogs in the park must be registered annually (July 1, 2006 -June 30, 2007) with the City of Durham's Park and Recreation Department.

Visit [http://www.durhamnc.gov/departments/parks/dog\\_park.cfm](http://www.durhamnc.gov/departments/parks/dog_park.cfm) for a registration application form and a copy of the requirements. Dogs must wear their Dogpalooza and rabies tag while in the park.

## OBEDIENCE CLASSES

### Puppy

\$70.00 (CR) \$87.50 (NCR)  
January 22-March 12 (Monday)  
April 2-May 21 (Monday)  
6:30 p.m.-7:30 p.m.  
Durham Armory  
Puppies must be 12 weeks old by the first class

### Basic Beginner

\$70.00 (CR) \$87.50 (NCR)  
January 22-March 12 (Monday)  
April 2-May 21 (Monday)  
7:30 p.m.-8:30 p.m.  
Durham Armory  
Dogs 6 months+ These classes will introduce your pet to controlled walking and basic commands such as "Sit," "Down," "Stay," "Come," and "Don't Jump". Note: The first session for puppy and basic beginner participants is a lecture class. NO DOGS. The lecture class will review techniques and answer questions. Immunization requirements: 2 Distemper/ Parvo, Bordatella & Rabies

### Advanced

\$70.00 (CR) \$87.50 (NCR)  
January 22-March 12 (Monday)  
April 2-May 21 (Monday)  
8:30 p.m.-9:30 p.m.  
Durham Armory  
Dogs that have completed the Basic Class. Dogs with aggression problems are not accepted. Call 919-560-4355 ext 220

### Canine Good Citizen

\$70.00 (CR) \$87.50 (NCR)  
January 23-March 13 (Tuesday)  
April 3-May 22 (Tuesday)  
7 p.m. - 8 p.m.  
Durham Armory

### Canine Massage

\$70.00 (CR) \$87.50 (NCR)  
March 10 (Saturday)  
May 12 (Saturday)  
10:00 a.m.-4:00 p.m.  
Forest Hills  
The City of Durham Parks & Recreation Department is excited to announce Canine Massage as a new program for canine citizens and their owners. The class will be a combination of both lecture and hands on. Classes are structured into "all day" classes

or two weekly classes (i.e. consecutive Thursdays from 6-9 p.m.) . Participants will learn canine massage fundamentals, as well as practice stroke techniques with their dogs. Dogs are invited to join their owners. Please bring a water bowl and bath mat/towel with you.



## ENVIRONMENTAL PROGRAMS

Environmental Specialist: Chris Shepard (919) 620-8154, [chris.shepherd@durhamnc.gov](mailto:chris.shepherd@durhamnc.gov)

**Winter Preparations:** (all ages) Free  
Saturday, December 16, 2006 from 10am - noon, at Sandy Creek Park  
Explore how the natural world has prepared for the onset of winter. We will see how both animals and plants have prepared for the cold winter months.

**Night Hike:** (all ages) Free  
Thursday, December 21, 2006 from 8:00 - 10:00pm at West Point on the Eno  
Come learn about the winter solstice as we explore the forest in the crisp, cool night air of winter.

**Day Trip to Hanging Rock:** (ages 10-14) \$10.00 per person  
Thursday, December 28, 2006 from 7:30am - 5:30pm, meet at West Point on the Eno

We will go on a day trip from Durham to Hanging Rock State Park. Once at the park we will hike, learn about the geology of the area, and investigate the overall environment. We will see waterfalls, cliffs, and unique mountain plant life. Come join us on this fun trip during school break. Group sized is limited to 10 people. We will provide transportation; participants must provide their own lunch.

**Discovering Deer:** (all ages) Free  
Saturday, January 20, 2007 from 10:00 am - 12:00 pm, at West Point on the Eno Park  
We'll hike around looking for evidence of deer throughout the park. We will also talk about how deer survive in this urban setting.

**Starry, Starry Night:** (all ages) Free  
Friday, January 26, 2007 from 8 - 10pm, at the Lake Michie Boat House  
Join us for a program about the winter constellations. The sharp winter skies are perfect for viewing the stars and we will utilize the open views at Lake Michie to see more of the night sky.

**Winter Forest:** (all ages) Free  
Sunday, January 28, 2007 from 2:00 pm - 4:00 pm, at West Point on the Eno Park  
Come on this hike through the forest as we see how different the natural world is in the winter time. Winter is a great time of year to look for animal trails and to learn about ways to identify trees without their leaves.

**PRESCHOOL NATURE PROGRAMS** (ages 3-5)  
\$4 per class  
Space is limited to 10 children and an adult must accompany each child.  
All classes are at West Point on the Eno Park. Thursdays, 10:00 am - 11:00 am, starting at the end of January, 2007.  
To register or for more information please call 919-620-8154.

For any questions regarding Environmental Education programs or to schedule a program for your group, please call or email Chris Shepard at [christopher.shepherd@durhamnc.gov](mailto:christopher.shepherd@durhamnc.gov) or call 919-620-8154. We can also send you a program guide to all of our environmental education programs.

## ADVENTURE PROGRAMS

Adventure Office: Spruce Pine Lodge, 2303 Bahama Road, Bahama, NC 27503 (919) 477-9918

Durham Parks and Recreation's Adventure Programs, located at the scenic Spruce Pine Lodge in Bahama, NC. Using a 13-element ropes course and group games and initiatives in a progressive format, DPR facilitators help groups develop trust, cooperation, and teamwork and promote growth in an unthreatening and playful way. Through the team challenges and use of the low rope elements and other outdoor experiences, group learning and understanding develop in a way that allows participants to relate learning to life situations.

Work with the team challenge and low ropes course is appropriate for student groups, adult groups, sports teams, clubs, and corporate teams— any group of people who need to work cohesively as a team and who want to have fun together discovering those skills. Due to the level of comprehension needed, participants must be at least 10 years of age. No extra physical strength is necessary to participate, but please tell us about personal health needs. Team building programs can be tailored for most groups with special needs.

### Program Rates (per person; minimum of 8)

<u>Student / Youth Groups (age 10-18)</u>			<u>Adult Groups (age 18+)</u>		
Two Hour	Half Day	Full Day	Two Hour	Half Day	Full Day
\$13.00	\$20.00	N/A	\$23.00	\$30.00	\$40.00
<u>City Staff</u>			<u>Corporate Groups</u>		
Two Hour	Half Day	Full Day	Two Hour	Half Day	Full Day
\$18.00	\$25.00	\$35.00	\$28.00	\$35.00	\$45.00
<u>Family Teams (ex. Mother/daughter)</u>			<u>Portable Team Challenge</u>		
Two Hour	Half Day	Full Day	Two Hour	Half Day	Full Day
N/A	\$35.00	\$50.00	\$18.00	\$25.00	N/A

\*Two hour programs include games and small initiatives only

\*A deposit of \$50.00 is due within ten (10) business days to hold date. Payment is due, in full, thirty (30) days prior to program date.



## HERITAGE PARKS

Coordinator: Beth Highley (919) 471-1623, beth.highley@durhamnc.gov

West Point on the Eno Park and Leigh Farm Park make up the City of Durham's Heritage parks. These significant natural and historic parks provide opportunities for passive recreational pursuits such as picnicking, fishing, hiking, outdoor nature study, and cultural history programming.

### Leigh Farm Park

Although this park is currently undeveloped, call Beth Highley at 471-1623 to find out more about what is planned for this park site in the future.

### West Point on the Eno

This 388-acre natural and historic park is located along a two-mile stretch of the scenic Eno River, six miles north of downtown Durham. Take a step back in time to Durham's early beginnings by touring the working Grist Mill, the 1850's McCown-Mangum House, and the Hugh Mangum Museum of Photography. These historic buildings are open from 1 p.m. – 5 p.m. on Saturdays and Sundays, March 10-December 9,

2007. Admission is free. Weekday tours of the buildings can be arranged in advance by calling (919) 471-1623.

You can also enjoy a leisurely picnic and stroll around the grounds, or take a hike through the woods on one of the park trails. Feel free to bring your canoe or raft and experience the beauty of the Eno River. The park gates are open daily, year-round, from 8 a.m. to dark. Call Beth Highley for further information.

### McCown-Mangum House at West Point

This restored 1850's farmhouse is perfect for small gatherings such as weddings, receptions,

and meetings. Special features include: rooms sheathed in the original heart-pine boards; brick patio; roomy kitchen; restrooms; heat/AC; porches; gardens; and a quaint atmosphere. For rental and reservation information, call (919) 560-4358.

### Amphitheatre at West Point

This secluded area nestled in the woods is the perfect setting for company picnics, festivals, concerts, performances, and other large group gatherings. The facility can accommodate up to 4,000 people and includes a large open field, lawn seating, stage, electricity, water, and ample parking. Call Beth Highley to arrange a visit, or for rental and reservation information.

### City Lakes

Lake Michie and Little River Lake in northern Durham County offer recreational fishing and boating. Both lakes are open on Friday, Saturday and Sunday from 6:30 a.m. – 6 p.m. on March 16-November 11, 2007. In June, July and August, the lakes will be open until 8 p.m. The lakes are also open on the following Monday holidays: April 9, May 28 and September 3.

Personal boats and motors are not allowed on Little River Lake - boats and electric motors are available for rent. During the season, further information can be obtained by calling Lake Michie boathouse at 477-3906 or the Little River Lake boathouse at 477-7889.

## Durham Parks and Recreation Recreation Advisory Commission (RAC)

Kim Anglin, Chairperson  
Carolyn Davis  
Shirley Harper  
Dan Moushon

Dick Mentock, Vice-Chairperson  
George Dubay  
Destry Jordan  
Lynda Kozar

The RAC meets on the 2nd Wednesday of each month at 12 noon at the Durham Parks and Recreation Department. For more information regarding the RAC, contact Lynda Kozar at (919) 560-4355, ext. 233.

## FACILITY & PARK RENTALS

Reservationist: (919) 560-4355 ext. 202, reservations@durhamnc.gov

Durham's parks and facilities serve as great sites for your next event, family gathering or concert. More than 64 parks are available for public use with more planned for future development. All parks are on a "first come, first serve" basis, unless the park has been previously reserved. By making reservations, you are assured of having the facility of your choice. For more information on Durham Parks, the Durham Armory, Spruce Pine Lodge, or Forest Hills Clubhouse, please contact the reservationist at (919) 560-4358. To reserve any of our recreation centers please contact that centers directly. For fees and other information, please visit: [www.durhamnc.gov/departments/parks/rentals.cfm](http://www.durhamnc.gov/departments/parks/rentals.cfm)

Durham Armory: 220 Foster Street – Durham, NC  
Spruce Pine Lodge: 2303 Bahama Road – Bahama, NC  
Forest Hills Center: 1639 University Drive – Durham, NC  
McCown-Mangum House: 5101 N. Roxboro Rd. – Durham, NC

## CALENDAR OF EVENTS

### January

Lottery Forms available from January 22-February 19, 2007 at Edison Johnson Recreation Center and DPR Main Office. The form must be returned to Edison Johnson Recreation Center.

### February

Summer Camp Lottery at Edison Johnson (February 20)

### March

Egg Hunts (April 31)  
Various Locations – please see page 20  
Play More Day (March 10)

### April

Durham Senior Games (April 14-28)  
East Durham Community Day (April 21)  
Earth Day Celebration (April 21)  
Spring Games (April 27)  
Edison Johnson Community Day (April 28)  
Campus Hills Community Day (April 28)

### May

Weaver Street Community Day (May 5)  
East Durham Community Day (May 12)  
Bimbe Cultural Arts Festival (May 19-20)

## Durham Parks and Recreation FREE SPRING BREAK ACTIVITIES 2007

### Community Family Life and Recreation Center at Lyon Park

Activity: Open Free Play Basketball (ages 12-17)  
Date: April 9, 11, 13 (Monday, Wednesday, Friday)  
Phone: 560-4288 Address: 1313 Halley St.  
Time: 12 noon – 6 p.m.  
Description: Jr. Fire Marshal Program April 9-12th at Lyon Park. The Jr. Fire Marshal program is targeting youth between the ages of 11-17.

### Durham Housing Authority Liberty Street Center

Activity: Youth Spring Break Programs (ages 5-12)  
Phone: (919) 560-4355, ext. 210 Address: 1129 Hoover Road  
Date: April 9-13 (Monday-Friday)  
Time: 8 a.m. – 5 p.m.  
Description: Fun Day Activities with outdoor activities such as the bounce, arts and crafts, various sports and games, as well as educational enrichment activities.

### Durham Housing Authority Club Boulevard Recreation Center

Activity: Youth Spring Break Programs (ages 5-12)  
Phone: (919) 560-4355, ext. 210  
Address: 2415 Glennbrook Dr  
Date: April 9-13 (Monday-Friday)  
Time: 8 a.m. – 5 p.m.  
Description: Fun Day Activities with outdoor activities such as the Bounce; Arts and Crafts, various sports and games, as well as educational enrichment activities.

### Edison Johnson Aquatic Center

Activity: DPR Aquatics School (ages 15 and up)  
Date: April 9-13, 2007 (Monday-Friday) Time: 8 a.m. – 6 p.m.  
Description: Youth must know how to swim to sign up. Youth will obtain a lifeguard certification upon completion of the class. Enrollment is limited to 25. Pre-registration is required. Please contact 560-4265 for additional information.

### East Durham Neighborhood Center

Activity: Youth Spring Break Programs (ages 5-12)  
Phone: 560-4278 Address: 2615 Harvard Avenue  
Date: April 9-13 (Monday-Friday) Time: 8 a.m. – 5 p.m.  
Description: The activities include arts & crafts, game room, basketball, and softball.

### E.D. Mickle Neighborhood Center

Activity: Youth Spring Break Programs (ages 5-12)  
Phone: 560-4284  
Address: 1204 N. Alston Ave.  
Date: April 9-13 (Monday-Friday) Time: 8 a.m. – 5 p.m.  
Description: The activities include arts & crafts, game room, basketball, and softball.

### Irwin R. Holmes, Sr. Recreation Center at Campus Hills

Activity: Youth Spring Break Programs (ages 5-12)  
Phone: 560-4444 Address: 2000 South Alston Avenue  
Date: April 9-13 (Monday-Friday) Time: 8 a.m. – 5 p.m.  
Description: Fun Day with various outdoor activities, sports

and games, and educational enrichment activities. Please Note: Unlimited waivers will be available until they reach their max of 60 participants.

### SPECIAL POPULATIONS (EXPLORER AND DISCOVERY FUN DAYS)

#### Activity: Youth Spring Break EXPLORER Program

(ages 13-21 w/ disabilities)  
Youth Spring Break DISCOVERY Program (ages 5-21 w/ disabilities)  
Phone: 560-4288, x 223 Address: 1309 Halley St.  
Date: April 9-13 (Monday-Friday)  
Time: 9 a.m. – 1 p.m.  
Description: Fun Day with various outdoor activities, sports and games, and educational enrichment activities.

#### T.A. Grady Neighborhood Center

Activity: Youth Spring Break Programs (ages 5-12)

Date: April 9-13 (Monday-Friday)  
Phone: 560-4280 Address: 531-Lakeland Ave.  
Time: 8 a.m. – 5 p.m.  
Description: The activities include arts & crafts, game room, basketball, and softball.

#### Waltown Neighborhood Center

Activity: Youth Spring Break Programs (ages 5-12)  
Phone: 560-4296 Address: 1300 W. Club Boulevard  
Date: April 9-13 (Monday-Friday) Time: 8 a.m. – 5 p.m.  
Description: The activities include arts & crafts, game room, basketball, and softball.

#### Weaver Street Recreation Center

Activity: Two Fun Days (ages 5-12)  
Date: April 9 & 13 (Monday – Friday)  
Phone: 560-4294 Address: 3000 Weaver Street  
Time: From 8 a.m. – 5 p.m.  
Description: The activities include arts & crafts, computer lab, game room, basketball, softball. There will be indoor, outdoor and educational enrichment activities

#### Activity: Open Free Play Basketball (ages 13-17)

Date: April 12 (Thursday)  
Time: 10 a.m. – 3 p.m.  
Youth programs will also be offered on Saturday from 10 a.m.- 2p.m.  
Additional Teen programs will be offered in the evenings from 6-9p.m.

#### W.D. Hill Recreation Center

Activity: Youth Spring Flings (ages 5-12)  
Date: April 9-13, 2007 (Monday-Friday)  
Time: 8 a.m. – 12 p.m.  
Description: Fun 1/2 day program with various outdoor activities, sports and games, and other enrichment activities. Pre-registration is recommended as space is limited to a maximum of 40 participants.

#### Activity: American Red Cross Babysitting Course (ages 11-15)

Date: Tuesday April 10 & Thursday April 12, 2007 (you must attend both days)  
Time: 1p.m. -5p.m.  
Fun 1/2 day program that will teach and certify youth ages 11-15 as babysitters through the American Red Cross. Pre-registration is recommended as space is limited to a maximum of 10 participants.

#### Activity: Open Gym (ages 11-14)

Date: April 9-13, 2007  
Time: 1p.m.-5p.m.  
Gym will be open for those ages 11-14 for pick up basketball games and other gymnasium games. Proof of age will be required.

#### Activity: Kids Cooking 101 (ages 10-12)

Dates: Monday and Wednesday April 9 & 11, 2007  
Time: 2p.m.-5p.m.  
WD Hill's Magic Chef will teach kids ages 10-12 basic cooking techniques and good nutritional habits that they will be able to practice at home with assistance from their parents.

#### W.I. Patterson Neighborhood Center

Activity: Youth Spring Break Programs (ages 5-12)  
Date: April 9-13 (Monday-Friday)  
Phone: 560-4560 Address: 2641 Crest Street  
Time: 8 a.m. – 5 p.m.  
Description: The activities include arts & crafts, computer lab, game room, basketball, softball.

#### Easter Egg Hunts

April 31 at 10:30 a.m.  
Campus Hills Park (2000 South Alston Avenue)  
Cook Road Park (608 Cook Road)  
Forest Hills Park (1639 University Drive)  
Community Family Life Recreation Center at Lyon Park (1309 Halley Street)  
Northgate Park (300 West Club Blvd)  
West Point on the Eno Park (5101 North Roxboro Rd)

## DURHAM SENIOR GAMES AND SILVER ARTS

### April 14-28, 2007

Durham Senior Games is sanctioned by the North Carolina Senior Games, Inc., an organization that was established in 1983 to create a year-round health promotion and education program for adults 55 years of age and better. Senior Games is a holistic approach to keeping the body, mind and spirit fit while enjoying the company of family, spectators and volunteers at the same time.

Athletes and artists who qualify at local games are invited to attend the State Finals in the fall. Every two years, State Finals winners who qualify can represent North Carolina in the National Games.

#### WHO CAN PARTICIPATE?

Seniors ages 55 years of age and better (must be 55 or better on or before December 31, 2007). Must be a Durham County resident for a minimum of three (3) consecutive months. Sports teams and performing arts groups may include persons from outside of Durham County. However, at least 50% of the team/group must reside in Durham County. The opening ceremony and Silver Arts Showcase will be held on Saturday, April 14 at the St. Joseph's Historic Foundation Hayti Heritage Center 804 Old Fayetteville Street from 11 a.m.-3 p.m. There will be a torch lighting ceremony, entertainment, special guests, food and much more!



There will also be a performing arts event which will include a reception following the performances for participants and guests. This event is open to the public.

#### REGISTRATION INFORMATION

Early Bird Registration: Friday, March 23, 2007 (Save \$2.00)  
Registration: \$10.00 not including bowling and golf fees

Entry Deadline: Friday, March 30, 2007  
Registration: \$12.00 not including bowling and golf fees

For more information, please call DPR Mature Adults Staff at (919) 688-8247, ext 121.

## CITY-WIDE MATURE ADULT PROGRAM

Leisure Services Supervisor: Sarah Hogan, (919) 560-4355, ext 236, sarah.hogan@durhamn.gov

The Durham Parks and Recreation Department offers a variety of programs and services to our Mature Adult citizens (persons 55 years of age and better). We provide programs tailored to meet their specific needs and opportunities for them to participate in the programs and services listed for adults and families. For more information please call our office at 560-4355

#### Low-Impact Exercise Age(s): (55 and better)

No Cost  
Henderson Towers January 2-May 31  
10 a.m. – 10:45 a.m. (Tuesday and Thursday)  
11 a.m.-11:40 a.m. (Tuesday and Thursday)  
Lyon Park January 2-May 31  
11 a.m. – 11:35 a.m. (Monday and Wednesday)  
Edison Johnson Recreation Center January 2-May 31  
11 a.m. – 11:35 a.m. (Monday and Wednesday)  
The Center for Senior Life Senior Exercise: whether seated and standing, easy-on-the-body exercises. The instructor takes you through multiple movements and uses fun resistance props to improve strength and coordination. Come on out! Contact Allison Hubbard at 688-8247 x121.

#### Board Games Age(s): (55 and better)

No Cost  
January 1-May 31 (Monday, Wednesday)  
9:00 a.m.-11:30 a.m.  
Come to the Center for Senior Life to enjoy dominoes, checkers, bingo, shuffleboard, cards, and many others! Mature Adults 55 and better can socialize with friends while engaging in a little friendly competition. Try something new or show off your skills!

#### Yoga Age(s): (55 and better)

No Cost  
January 2-May 31 (Tuesday, Thursday) 9:00 a.m.-10:00 a.m.  
The Center for Senior Life is the place to be to stretch your body and relax your mind! Yoga is for everyone, whether you enjoy participating on the floor or in a chair. Give it a try - it is one of the best non-impact exercises around.

#### Senior Cheerleading Age(s): (55 and better)

No Cost  
January 3-April 13 (Wednesday) 11:30 a.m.-1:00 p.m.  
Durham's new Senior Cheerleading Team...join in on the fun and show your spirit. Want to keep your mind and body active, while having a great time? Women and men are welcome! Practices are Wednesdays and Fridays at the Center for Senior Life. We plan to perform at the Durham Senior Games in April and support other events throughout Durham. Contact Whitney Watts at 560-4292 or Whitney.Watts@durhamnc.gov for more information.

#### Bingo Age(s): (55+)

No Cost  
January 2-May 31 (Friday) 11:00 a.m.-1:00 p.m.  
Calling all senior bingo lovers! DPR invites you to a couple of fun hours of bingo at the Center for Senior Life. Bring your friends and lucky charms!

#### Trip to Raleigh Age(s): (55+)

\$7.00 (CR) \$7.00 (NCR)  
January 18 (Thursday) 8:00 a.m.-5:30 p.m.  
Educate yourself in the Capital City! Tour the Capitol & Legislative Building in addition to exploring the Natural Sciences Museum and Museum of History. Guaranteed to be a fun and informative day!

#### Trip to Chapel Hill Age(s): (55+)

\$22.00 (CR) \$22.00 (NCR)  
February 28 (Wednesday) 5:30 p.m.-11:00 p.m.  
Enjoy dinner and the theatre with DPR! We are going to Playmakers Repertory Company to see a production of Toni Morrison's The Bluest Eye, "an emotional tale of racism, betrayal, love and beauty." Join us for some local theatre!

#### Trip to New Bern Age(s): (55+)

\$20.00 (CR) \$20.00 (NCR)  
March 20-March 20 (Tuesday) 7:00 a.m.-7:00 p.m.  
We will be taking a tour of Tryon Palace & Gardens and other interesting sites in this historical coastal town, home of Pepsi Cola!

#### Durham Senior Games Age(s): (55+)

\$12.00 (CR) \$12.00 (NCR)  
April 14-April 28 (Saturday) 10:00 a.m.-1:00 p.m.  
Whether you are an artist or an athlete, it is time once again to get excited about Senior Games! Participants 55+ are encouraged to compete in a range of events including, but not limited to, literary and visual arts, archery, croquet, and track events. Your skill level is not important - we are out there for fun and fellowship! To join in, call the Mature Adults Staff at 688-8247 x121.

#### Wilmington Riverboat Cruise Age(s): (55+)

\$30.00 (CR) \$30.00 (NCR)  
May 22 (Tuesday) 7:00 a.m.-7:00 p.m.  
All aboard the Henrietta Riverboat! Enjoy a relaxing cruise down the river while enjoying lunch and the scenery of one of our favorite cities. Contact Mature Adults Staff at 688-8247 x121.

#### Seniors Day Out Age(s): (55+)

\$5.00 (CR) \$5.00 (NCR)  
September 6-December 20 (Wednesday)  
9:00 a.m.-3:00 p.m.  
Tired of sitting at home! Enjoy a day of relaxation and education while visiting museums, restaurants, or just a simple walk in the park. Every first and third Wednesday.